GO PIRATES

OKLAHOMA STATE

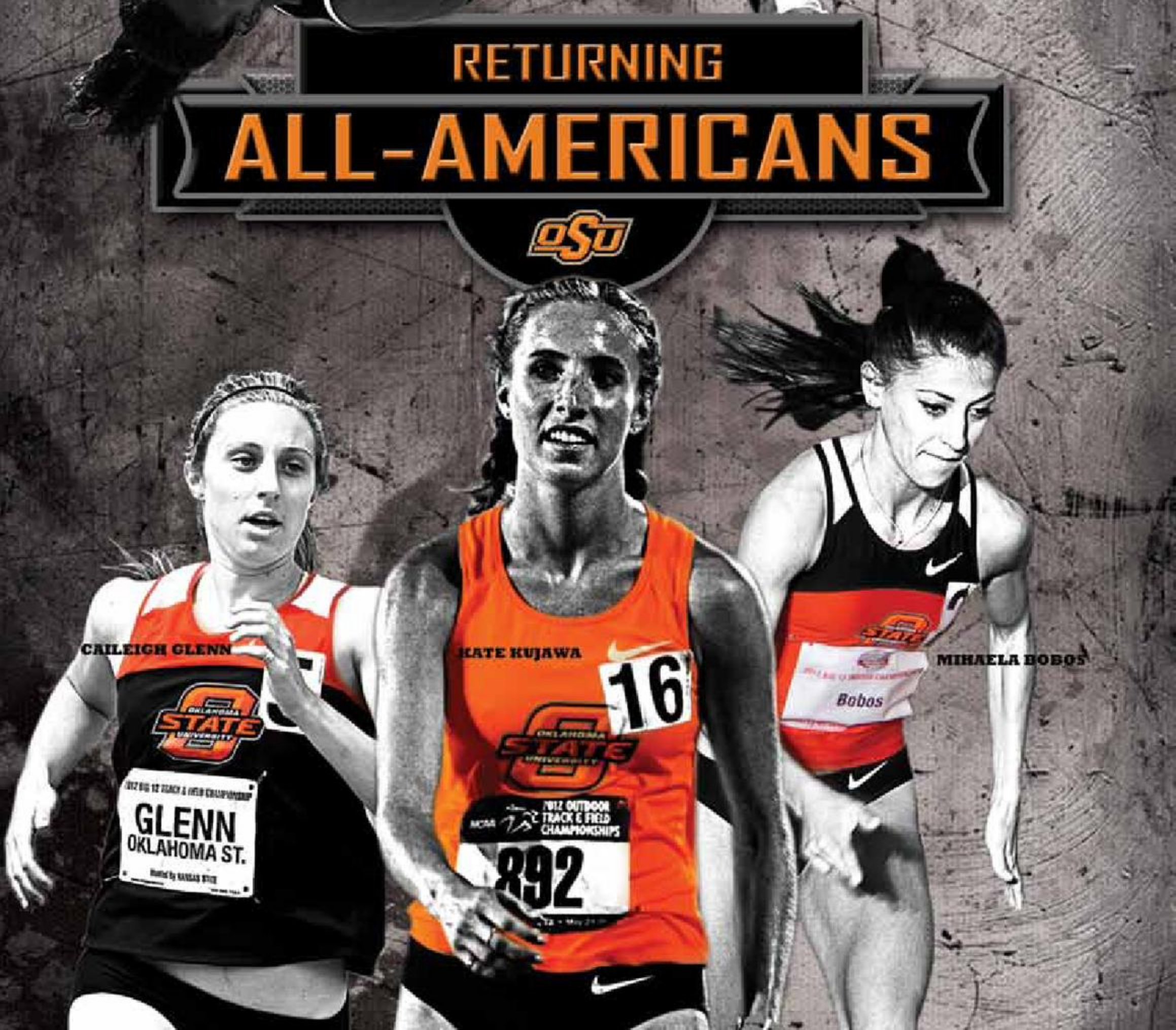
CROSS COUNTRY/TRACK AND FIELD GUIDE

2012-13

OSU

TONI YOUNG

RETURNING ALL-AMERICANS



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UNIVERSITY INFORMATION

Location	Stillwater, OK
Founded	Dec. 25, 1890
Enrollment	36,097
Address	220 Athletics Center
	Stillwater, OK 74078
President	Burns Hargis
Director of Athletics	Mike Holder
Faculty Athletic Rep	Dr. Meredith Hamilton
Colors	Orange and Black
Conference	Big 12
Nickname	Cowgirls
Mascot	Pistol Pete
Home Track	Kaye Barrett Droke Track Complex
Home XC Course	OSU Cross Country Course
Athletic Web Site	www.okstate.com
University Web Site	www.okstate.edu

STAFF INFORMATION/DIRECTORY

Director of XC and Track and Field	Dave Smith
Alma Mater, Year	Michigan State, 1993
Years	Fourth As Women's Cross Country Coach
	Fourth As Women's Head Track Coach
	11th Year at Oklahoma State
Smith Office	405-744-2108
Smith E-Mail	dave.smith@okstate.edu
Assistant Coaches	Bobby Lockhart - Distance, 5th year
	Sean McCabe - Distance, 5th year
	Brionne Yosten - Distance, 4th year
	John Baumann - Throws, 8th year
	Zivile Pukstiene - Jumps, 10th year
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Legarsky E-Mail	sara.legarsky@okstate.edu
Media Relations Secondary Contact	Gavin Lang
Lang Office	405-744-3875
Lang E-Mail	gavin.lang@okstate.edu

TEAM INFORMATION

Cross Country Letterwinners Returning/Lost	5/3
2011 Big 12 Cross Country Finish	3rd
2011 NCAA Cross Country Finish	30th
Indoor Track Letterwinners Returning/Lost	4/1
2012 Big 12 Indoor Finish	9th
2012 NCAA Indoor Finish	28th
Outdoor Track Letterwinners Returning/Lost	6/1
2012 Big 12 Outdoor Finish	10th
2012 NCAA Outdoor Finish	50th

RETURNING ALL-AMERICANS

Mihaela Bobos (Indoor Distance Medley Relay); **Kate Kujawa** (Outdoor 3000m Steeplechase); **Natalja Piliusina** (Indoor 800m, Indoor Mile, Indoor Distance Medley Relay, Outdoor 800m, Outdoor 1500m); **Toni Young** (Outdoor High Jump)

RETURNING BIG 12 CHAMPIONS

Mihaela Bobos (Indoor Distance Medley Relay); **Caileigh Glenn** (Indoor Distance Medley Relay); **Kate Kujawa** (Indoor Distance Medley Relay); **Natalja Piliusina** (Indoor 800m; Indoor Mile, Indoor Distance Medley Relay; Outdoor 800m; Outdoor 1500m)

WOMEN'S CROSS COUNTRY/TRACK & FIELD ROSTER

Name	Event	XC/In/Out	Hometown/Previous School
Madison Allen	Throws	RFr/RFr/So	Whitesboro, Texas/Whitesboro
Natalie Baker	Distance	Fr/Fr/Fr	Plano, Texas/Plano West
Paige Barnes	Distance	Fr/Fr/Fr	Tulsa, Okla./Jenks
Mihaela Bobos	Distance	So/Jr/Jr	Cluj-Napoca, Romania
Triana Browne-Hearrell	Sprints	Fr/Fr/Fr	Peachtree City, Ga./Starr's Mill
Savannah Camacho	Middle Distance	Fr/Fr/Fr	Paso Robles, Calif./Templeton
Jackie Campos	Distance	Sr/Sr/Sr	Santa Teresa, N.M./Santa Teresa
Jenny Dyer	Distance	Jr/So/So	Collinsville, Okla./Collinsville
Chase Ealey	Throws	Fr/Fr/Fr	Los Alamos, N.M./Los Alamos
Kaela Edwards	Middle Distance	Fr/Fr/Fr	Highlands Ranch, Colo./Littleton
Alex Ervin	Distance	RFr/So/So	Sperry, Okla./Sperry
Kristina Fischer	Middle Distance	Fr/Fr/Fr	Arvada, Colo./Ralston Valley
Victoria Fratczak	Distance	--/Sr/Sr	Dartmouth, Nova Scotia, Canada
Caileigh Glenn	Distance	Jr/Jr/Jr	Newmarket, Ontario, Canada
Brooke Gritters	Throws	Jr/Jr/Jr	Pella, Iowa/Pella
Ruth-Anne Hadjis	Distance	Jr/So/So	Colorado Springs, Colo./Pine Creek
Victoria Hanna	Distance	Jr/Sr/Sr	Oshawa, Ontario, Canada
Jordan Highsmith	Sprints/Jumps	Fr/Fr/Fr	Houston, Texas/Hightower
Adela Hofmannova	Distance	So/So/So	Tmaň, Czech Republic
Bailey Johnson	Sprints/Jumps	RFr/So/RFr	Dripping Springs, Texas/Dripping Springs
Monika Juodeskaite	Distance	So/RFr/So	Kaunas, Lithuania
Kate Kujawa	Distance	Sr/Jr/Jr	Regina, Saskatchewan, Canada
Monica Lake	Distance	Fr/Fr/Fr	Mason, Ohio/William Mason
Amanda Lark	Sprints	Fr/Fr/Fr	Baltimore, Md./Ponderosa
Taylor Light	Distance	So/So/So	Flower Mound, Texas/Flower Mound
Janelle Martinez	Distance	RFr/So/So	Greeley, Colo./Greeley Central
Erin Megna	Distance	Fr/Fr/Fr	Houston, Texas/William P. Clements
Gloria Moseley	Throws	RFr/So/So	Edmond, Okla./Edmond Memorial
Clara Nichols	Sprints	Fr/Fr/Fr	Omaha, Neb./Millard South
Samantha Nightingale	Distance	Fr/Fr/Fr	Blue Springs, Mo./Blue Springs South
Chelsey Phoebus	Distance	RFr/So/So	Lee's Summit Mo./Lee's Summit West
Natalja Piliusina	Middle Distance	Jr/Jr/Jr	Klaipeda, Lithuania
Aven Sanders	Distance	Jr/Jr/Sr	Hennessey, Okla./Hennessey
Jacy Steelman	Sprints/Jumps	RFr/So/So	Era, Texas/Era
Taylor Stolt	Jumps	RFr/So/So	Wichita Falls, Texas/Rider
Clara Telford	Sprints/Jumps	RFr/So/So	Euless Texas/L.D. Bell
Cassandra Voss	Throws	Fr/Fr/Fr	Arlington, Neb./Arlington
Caitlin Way	Throws	Jr/Jr/Jr	Mitchell, S.D./Mitchell
Codi Wilson	Sprints	Fr/Fr/Fr	Colleyville, Texas/Grapevine
Kendra Woodson	Distance	Sr/--/Sr	Farmington, N.M./Piedra Vista
Toni Young	Jumps	Jr/Jr/Jr	Del City, Okla./Del City

Coaches

Dave Smith, Director of Cross Country and Track and Field
John Baumann, Assistant Coach - Throws
Zivile Pukstiene, Assistant Coach - Jumps
Bobby Lockhart, Assistant Coach - Distance
Sean McCabe, Assistant Coach - Distance
Brionne Yosten, Assistant Coach - Distance

2012 WOMEN'S CROSS COUNTRY SCHEDULE

(Track and field schedule unavailable at print time)

Date	Event	Site	Time
Sept. 1	Hurricane Festival	Tulsa, Okla.	TBD
Sept. 29	Cowboy Jamboree	Stillwater, Okla.	8 a.m.
Oct. 13	Chile Pepper Festival	Fayetteville, Ark.	9:45 a.m.
Oct. 27	Big 12 Championships	Austin, Texas	TBD
Nov. 9	NCAA Midwest Regional	Springfield, Mo.	TBD
Nov. 17	NCAA Championships	Louisville, Ky.	TBD

2012-13 OKLAHOMA STATE CROSS COUNTRY/TRACK AND FIELD MEDIA GUIDE CREDITS

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ALL-AMERICANS, BIG 12 CHAMPS TO LEAD COWGIRLS IN 2012-13

Piliusina, Young, Distance Medley Relay squad figure to be at the center of OSU's success.

CROSS COUNTRY

The Oklahoma State women's cross country squad - just three years removed from a 10th place finish in the Big 12 - placed third in the league in 2011 and appears poised to threaten the league's leaders again in 2012.

Experience will be an ally of the Cowgirls in 2012, as the OSU roster includes five runners with experience competing at the NCAA Championships, with two runners - junior Natalja Piliusina and senior Kate Kujawa - having competed at multiple NCAA Cross Country Championships during their respective careers.

Further reason for optimism revolves around the team's nucleus of award-winners.

Piliusina leads the way with a mounting résumé that could make her the greatest female runner ever to wear an Oklahoma State jersey by the time her career is completed.

Strictly looking at her cross country body of work, Piliusina was Oklahoma State's top finisher in every race in which she competed in 2011 and earned top-10 finishes at the Big 12 Championships, the NCAA Midwest Regional, the Cowboy Jamboree and the Chile Pepper Festival.

Recognized as Oklahoma State's top female athlete in any sport during the 2011-12 school year, Piliusina will be OSU's most recognizable figure during the 2012 cross country slate.

While Piliusina is already established as a runner to watch, it's the trio of sophomore Monika Juodeskaite, junior Caileigh Glenn and Kujawa who may have the biggest impact on how the Cowgirls perform as a unit.

Juodeskaite earned All-Big 12 honors and was recognized as the Big 12 Newcomer of the Year after placing 15th at the 2011 conference meet. She went on to add the title of NCAA All-Midwest Region performer with a 25th-place finish at the regional meet.

Glenn and Kujawa both enter 2012 with momentum gained from the track and field season and steady improvement from them could yield big results for the team.

A handful of others will vie to round out OSU's top seven, led by veterans Victoria Hanna and Jackie Campos.

Returners Janelle Martinez, Ruth-Anne Hadjis and Taylor Light are joined by a strong group of freshmen led by Samantha Nightingale, Savannah Camacho and Monica Lake as other candidates to get into the mix for the Cowgirls in 2012.

TRACK AND FIELD

Simply put, most any conversation about Oklahoma State women's track and field entering 2013 needs to start with Natalja Piliusina.

She ranks among the national elite in the 800 meters and in the 1,500 meters and has the marks to prove it.

Piliusina ran the fastest time in the nation in both events last year, clocking a 2:03.46 in the indoor 800 meters and a 4:09.51 in the outdoor 1,500 meters to take her place among the nation's best.

She is a two-time NCAA runner-up in the 800 meters, placing second outdoors in 2011 and indoors in 2012 and has won every 800 meter race - both indoors and outdoors - she's ever run at the Big 12 Championships to be the conference's undisputed queen of the event.

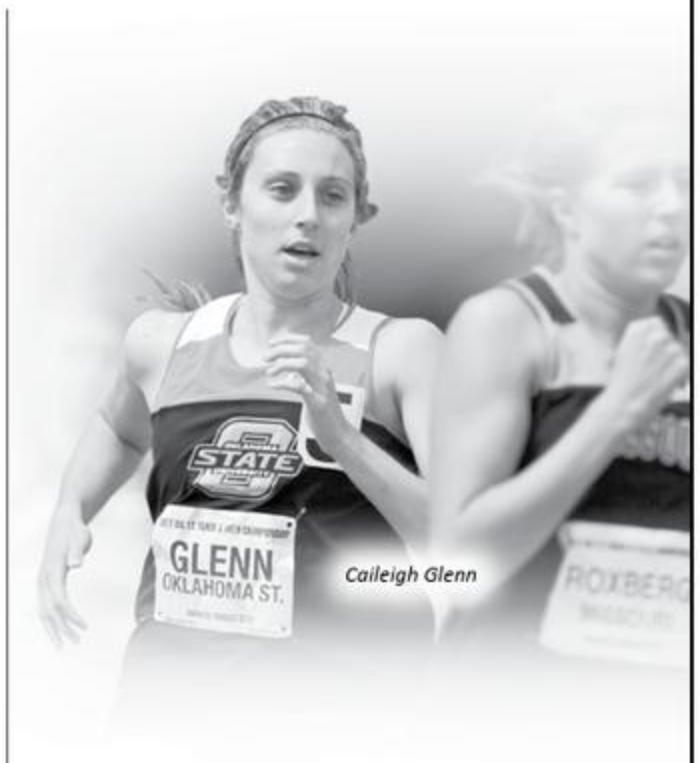
In her two years in Stillwater, Piliusina has already stockpiled five track and field All-America honors, six Big 12 Championships and four track and field school records.

She is a very real candidate to win an NCAA title - something that has only happened four times in the history of Oklahoma State women's track and field.

Piliusina's career performances command attention, but she is not the only Cowgirl who will be a factor on the national level.

Junior high jumper Toni Young secured 2012 All-America honors after placing fifth at the NCAA Outdoor Championships with a school-record 1.87 meters/6-01.50 clearance. That mark wasn't even her personal best, as the Del City, Okla., native cleared 1.93 meters/6-04.00 to tie the national high school record during her time at Del City HS.

Despite the fact that she will likely miss the entire indoor season as she plays power forward for the Oklahoma State basketball team, Young is in position to be a very strong challenger for both Big 12 and NCAA outdoor high jump crowns in 2013.



Caileigh Glenn

The indoor distance medley relay team of junior Mihaela Bobos, Piliusina, Glenn and Kujawa returns intact and looks to build on the Big 12 championship it won a year ago. Additionally, Bobos and Piliusina both secured All-America status after the Cowgirl DMR squad placed fifth at the 2011 NCAA Indoor Championships.

On top of running as part of the 2012 Big 12-champion indoor DMR squad, Kujawa also secured third-team All-America honors in the outdoor 3,000 meter steeplechase. The Big 12 runner-up in the event, Kujawa should again factor into the conference title mix this year.

In addition to the All-Americans and Big 12 champions listed above, OSU's roster is further deepened by All-Big 12 performers in Bobos (indoor 800 meters), Glenn (indoor 1,000 meters and outdoor 1,500 meters), Kujawa (indoor mile), Juodeskaite (outdoor 5,000 meters) and Caitlin Way (outdoor hammer throw).

Though she has not yet earned All-Big 12 status, another performer to watch is Brooke Gritters in both the shot put and the discus. Gritters ranks in OSU's top five all-time in both events.

The newcomers to watch in 2013 are Camacho and Kaela Edwards in the middle distance events, Nightingale in the distance events, Clara Nichols in the sprints and Chase Ealey in the throws.

PERSONAL BESTS ENTERING 2012-13

MADISON ALLEN
Javelin - 27.39m/89-10
Discus - 38.56m/126-06
Shot Put - 12.17m/39-11

NATALIE BAKER
1,600 meters - 5:18
5,000 meters - 18:00

PAIGE BARNES
800 meters - 2:17
1,500 meters - 4:53
1,600 meters - 5:17
2,000 meter steeplechase - 7:32
3,000 meters - 10:54

MIHAELA BOBOS
200 meters - 24.76
400 meters - 54.45
600 yards - 1:26.41
800 meters - 2:10:83

TRIANA BROWNE-HEARRELL
200 meters - 25.6
400 meters - 58.4

SAVANNAH CAMACHO
400 meters - 57.0
800 meters - 2:07
1,600 meters - 4:49

JACKIE CAMPOS
1,500 meters - 4:35.23
Mile - 5:03.97
3,000 meters - 9:47.47
5,000 meters - 16:56.24

JENNY DYER
1,500 meters - 4:53.21
Mile - 5:20
3,000 meters - 10:42.54

CHASE EALEY
100 meters - 12.19
Shot Put - 13.78m/45-02.50
Javelin - 37.82m/124-01.00

KAELA EDWARDS
300 meter hurdles - 45.13
400 meters - 55.08
800 meters - 2:07.61
5,000 meters - 18:48.00

ALEX ERVIN
800 meters - 2:19.73
1,000 meters - 3:07.91
1,500 meters - 4:51.31

KRISTINA FISCHER
400 meters - 57.63
800 meters - 2:14.94

VICTORIA FRATCZAK
1,500 meters - 4:32.49
Mile - 5:02.61
3,000 meters - 9:45.16
5,000 meters - 16:50.71

CAILEIGH GLENN
400 meters - 57.8
800 meters - 2:10.75
1,000 meters - 2:49.50
1,500 meters - 4:22.77

BROOKE GRITTERS
Shot Put - 14.55m/47-09.00
Discus Throw - 48.91m/160-05.6

RUTH-ANNE HADJIS
1,500 meters - 4:45.99
3,000 meters - 10:31.26
5,000 meters - 17:41.25

VICTORIA HANNA
1,500 meters - 4:30.18
Mile - 5:00.07
3,000 meters - 9:45.51
5,000 meters - 16:51.95

JORDAN HIGHSMITH
Long Jump- 5.80m/19-00.5
100m Hurdles- 14.79
300m Hurdles- 44.39

ADELA HOFMANNOVA
600 meters - 1:32
800 meters - 2:11
1,000 meters - 2:52.28
1,500 meters - 4:29

BAILEY JOHNSON
60 meter dash - 8.26
600 yard run - 1:35.40
800 meters - 2:53.39
60 meter hurdles - 9.27
High jump - 1.52m/4-11.75
Long jump - 5.14m/16-10.5

MONIKA JUODESKAITE
800 meters - 2:13
1,500 meters - 4:28.57
3,000 meters - 9:42.43
5,000 meters - 16:47.59

KATE KUJAWA
800 meters - 2:18.1
1,500 meters - 4:22.60
Mile - 4:48.72
3,000 meters - 9:58.28
3,000m steeplechase - 10:25.01

MONICA LAKE
800 meters - 2:13
1,600 meters - 4:58
3,200 meters - 10:57

AMANDA LARK
200 meters - 25.16
400 meters - 55.73

TAYLOR LIGHT
1,500 meters - 4:57.74
Mile - 5:06
3,000 meters - 10:11.65
5,000 meters - 18:06

JANELLE MARTINEZ
800 meters - 2:17
1,500 meters - 4:36.17
3,000 meters - 9:55.18
5,000 meters - 16:58.37

ERIN MEGNA
800 meters - 2:27
Mile - 5:27

GLORIA MOSELEY
Discus - 42.52m/139-06
Shot Put - 11.20m/36-09

CLARA NICHOLS
100 meters - 11.97
200 meters - 24.66
400 meters - 55.05
800 meters - 2:13.40

SAMANTHA NIGHTINGALE
1,600 meters - 4:56
3,200 meters - 10:33
5,000 meters - 17:15

CHELSEY PHOEBUS
1,500 meters - 4:44.03
5,000 meters - 17:47

NATALJA PILIUSINA
400 meters - 55.94
800 meters - 2:02.12
1,500 meters - 4:09.51
Mile - 4:39.39
400 meter hurdles - 1:00.37

AVEN SANDERS
1,500 meters - 5:48.08
5,000 meters - 23:20.62

JACY STEELMAN
200 meters - 25.30
400 meters - 58.2
Long Jump - 5.74m/18-10
Triple Jump - 11.56m/37-11

TAYLOR STOLT
100 meters - 11.99
200 meters - 24.84
Long Jump - 5.75m/18-10.5
Triple Jump - 11.30/37-01

CLARA TELFORD
60 meter hurdles - 9.04
100 meter hurdles - 14.81
High Jump - 1.63m/5-04
Triple Jump - 11.28m/37-00

CASSANDRA VOSS
Shot Put - 12.32m/40-05
Discus Throw - 42.11m/138-02

CAITLIN WAY
Shot put: 12.87m/42-02.7
Weight Throw: 17.82m/58-05.6
Discus Throw: 45.70m/149-11.2
Hammer Throw: 57.59m/188-11

CODI WILSON
100 meters - 11.7
200 meters - 24.7
400 meters - 57.0

KENDRA WOODSON
800 meters - 2:08.68
1,500 meters - 4:39.98
Mile - 5:01.34
60 meter hurdles - 9.26
400 meter hurdles - 1:01.89
3,000 meter steeplechase - 10:33.17

TONI YOUNG
High Jump - 1.93m/6-04.00

OKLAHOMA STATE

STAFF

DAVE SMITH

Fourth Year as Director of Cross Country and Track & Field
11th Year at Oklahoma State
Michigan State, 1993
Washington, 2000 (Ph.D.)

COACHING TIMELINE

1997-98: Washington cross country and track and field volunteer assistant coach
1998-2002: Texas Tech head men's and women's cross country coach and assistant track and field coach
2002-05: Oklahoma State men's assistant coach
2006-present: Oklahoma State men's cross country head coach
Dec. 2008-present: Oklahoma State men's track and field head coach
2009-present: Oklahoma State director of cross country/ track and field (men's and women's programs)

AWARDS AND RECOGNITION

2006 USTFCCCA Men's Cross Country Midwest Region Coach of the Year
2007 USTFCCCA Men's Cross Country Midwest Region Coach of the Year
2008 Big 12 Men's Cross Country Coach of the Year
2008 USTFCCCA Men's Cross Country Midwest Region Coach of the Year
2009 Big 12 Men's Cross Country Coach of the Year
2009 USTFCCCA Men's Cross Country Midwest Region Coach of the Year
2009 USTFCCCA Division I Men's Cross Country National Coach of the Year
2010 Big 12 Men's Cross Country Coach of the Year
2010 USTFCCCA Division I Men's Cross Country National Coach of the Year
2011 Big 12 Men's Cross Country Coach of the Year
2011 USTFCCCA Men's Cross Country Midwest Region Coach of the Year

TEAM HIGHLIGHTS

2006 Men's Cross Country Midwest Region Champions
2006 Men's Cross Country – 10th place at NCAA Championships
2007 Men's Cross Country Midwest Region Champions
2007 Men's Cross Country – Third place at NCAA Championships
2008 Big 12 Men's Cross Country Champions
2008 Men's Cross Country Midwest Region Champions
2008 Men's Cross Country – Eighth place at NCAA Championships
2009 Big 12 Men's Cross Country Champions
2009 Men's Cross Country Midwest Region Champions
2009 NCAA Men's Cross Country Champions
2010 Big 12 Men's Cross Country Champions
2010 NCAA Men's Cross Country Champions
2011 Big 12 Men's Cross Country Champions
2011 Men's Cross Country Midwest Region Champions
2011 NCAA Men's Cross Country Runner-Up

NCAA INDIVIDUAL CHAMPIONS - 3

1999 Women's Indoor 5,000 meters - Leigh Daniel
1999 Women's Outdoor 10,000 meters – Leigh Daniel
2009 Men's Outdoor 1,500 meters – German Fernandez

ALL-AMERICANS - 50

1999 Women's Indoor 5,000 meters - Leigh Daniel
1999 Women's Outdoor 5,000 meters - Leigh Daniel
1999 Women's Outdoor 10,000 meters - Leigh Daniel
1999 Women's Cross Country - Leigh Daniel
2000 Women's Indoor 3,000 meters - Leigh Daniel
2000 Women's Indoor 5,000 meters - Leigh Daniel
2000 Men's Indoor Mile - Gez Yossef
2001 Women's Outdoor 10,000 meters - Leigh Daniel
2001 Women's Indoor 400 meters - Ngozi Iwu
2002 Indoor 800 meters - Shannon Spaulding
2003 Men's Indoor 5,000 meters – Jason Woolhouse
2003 Men's Cross Country - Mindi Pukstas
2004 Men's Indoor Mile – Jason Woolhouse
2007 Men's Cross Country – David Chirchir
2007 Men's Cross Country – Ryan Vail
2008 Men's Outdoor 5,000 meters – Ryan Vail
2008 Men's Cross Country – John Kosgei
2008 Men's Cross Country – Ryan Vail
2009 Men's Outdoor 1,500 meters – German Fernandez
2009 Men's Outdoor 5,000 meters – Ryan Vail

Dave Smith is truly at the top of his profession.

The Oklahoma State head coach was honored as the U.S. Track and Field and Cross Country Coaches Association Men's Division I Cross Country National Coach of the Year in 2009 and then again in 2010. That is the highest honor awarded to a cross country coach.

He was voted by his peers as Big 12 Men's Cross Country Coach of the Year in 2008, 2009, 2010 and 2011.

He led OSU to back-to-back NCAA team cross country championships in 2009 and 2010 to go with four straight Big 12 team titles from 2008-11 and has coached three different Cowboy runners to four Big 12 cross country individual championships.

Simply put, it doesn't get much better – and that's before even mentioning the five NCAA Midwest Region titles won by Oklahoma State since Smith took over the cross country program in 2006.

Oklahoma State has finished in the top 10 at the NCAA Cross Country Championships every year under Smith. Additionally, the Pokes placed in the top 25 at the 2009 outdoor track and field meet for the first time since 1985 in his first year as head track and field coach.

During the 2009-10 school year, Smith's Cowboys finished 14th in the USTFCCCA's John McDonnell Program of the Year standings. The standings for the McDonnell Award are based on the combined success of a program during the cross country, indoor and outdoor track and field seasons.

It's a similar story of success when you look at individual achievement under Dave Smith. The numbers speak for themselves.

Smith has coached three NCAA individual champions, 50 All-Americans and 48 Big 12 champions. While at OSU, he has coahced 37 Big 12 champions and 128 All-Big 12 performers. Smith has coached OSU athletes to 37 different All-America honors since 2007 alone. To put that figure into perspective, Oklahoma State had only 13 total All-Americans from 2000-06.

German Fernandez won the 2009 NCAA title in the 1,500 meters and was the Big 12 individual cross country champion in both 2008 and 2011. He swept all of the Big 12's major awards as a freshman, claiming the conference's male athlete of the year honors during both the indoor and outdoor seasons to go with his 2008 cross country crown. Ryan Vail was the 2009 Big 12 individual cross country champion and was a five-time All-American under Smith. John Kosgei was the 2010 NCAA runner-up in the 10,000 meters and was honored as the 2010 Big 12 Outdoor Performer of the Year after winning the 5,000 meters and the 10,000 meters at the conference meet. Girma Mecheso won the 2010 Big 12 individual cross country title and was one of five cross country All-Americans coached by Smith in 2010. The list goes on and on.

That success has rolled over into the classroom as well.

In addition to winning the NCAA cross country title in 2009, Smith's Cowboys were honored as the USTFCCCA Scholar Team of the Year for their excellence in the classroom. Every year under Smith's watch, Oklahoma State cross country has been recognized as an all-academic team by the USTFCCCA and in his first year as head track coach in 2009, five different Cowboy runners were honored with individual spots on the USTFCCCA's all-academic track and field team. Ryan Vail was an *ESPN the Magazine*/CoSIDA First-Team Academic All-America in both 2008 and 2009 to become the first repeat Academic All-American in OSU track history.

Smith arrived in Stillwater in 2002 and served as an assistant coach under Dick Weis for four years before being elevated to head men's cross country coach in 2006. Upon Weis' retirement following the 2008 cross country season, Smith was promoted to head men's track coach and in the summer of 2009, Smith assumed control of both the Cowboy and Cowgirl programs under the title of director of cross country and track and field.

Having placed 10th at the NCAA Cross Country Championships in 2006, third in 2007 and eighth in 2008, the Cowboys entered the 2009 cross country season as a proven commodity and were considered as a possible threat to reigning NCAA champion Oregon and traditional power Stanford. OSU spent the entire season ranked in the top five

nationally, but weren't ranked No. 1 at any point of the campaign. However, the Pokes toppled Oregon by 16 points at the NCAA Championships and overwhelmed top-ranked Stanford by a whopping 227 points to put an exclamation point on their NCAA title season.

Smith's strategy going into the race was to let his senior captain Vail lead the way. Through the first 3,000 meters, OSU was in third place, six points ahead of the Cardinal. At the midway point, OSU created some separation between itself and the rest of the field, with Vail leading the posse of Cowboy runners. Through 8,000 meters, OSU held a comfortable lead over second-place Oregon. From that point, the Pokes made their final surge to seal the victory.

When the smoke cleared, OSU crowned four All-Americans en route to winning the title, with Vail finishing seventh, sophomore Colby Lowe eighth, Kosgei 11th and sophomore Girma Mecheso 24th. For his efforts, Smith was honored as the USTF-CCCA National Coach of the Year.

It was a different refrain in 2010, as the distance-running community had already developed a familiarity with Oklahoma State as the top dog. That said, Smith and the Cowboys still managed to turn heads by destroying the NCAA competition, racking up the fourth-largest margin of victory in the history of the NCAA Championships in defeating the field by a whopping 120 points.

All five Oklahoma State scorers earned All-America recognition at the 2010 NCAA Cross Country Championships, led by the trio of Mecheso, Fernandez and Lowe, who finished seventh, eighth and ninth, respectively. Tom Farrell was 29th and Johnathan Stublaski was 36th. Perhaps the scariest part of the Cowboys' domination of the 2010 NCAA Championships is the fact that Smith actually utilized a conservative strategy in dropping Farrell back in the field. Farrell had run side-by-side with Mecheso, Fernandez and Lowe during the season, but Smith's NCAA strategy was to have Farrell stay back in the field and then make his move at the end in a manner that would help the team in case any other squad threatened.

Expectations were high for Smith's Cowboys during the 2008 cross country slate, as the Pokes were ranked No. 2 in the nation for most of the year. A team title at the Cowboy Jamboree highlighted the regular-season portion of the schedule. In the post-season, OSU claimed its first-ever Big 12 team title and fourth consecutive Midwest region crown before heading to the NCAA Championships. The story of the meet going in was freshman standout Fernandez, who ended up not crossing the finish line after sustaining a leg injury during the course of the race. In a testament to the depth of the squad, Smith's Cowboys still placed eighth even without any points coming from their top performer.

During the 2009 outdoor season – Smith's first as head coach – the Cowboys placed 25th in the final team standings and Fernandez won the 1,500 meter title. OSU's team finish was the best for a Cowboy team in 24 years and Fernandez became the Pokes' first NCAA champion since Paul Larkins in 1986. Additionally, Vail earned All-America honors in the 5,000 meters.

Since Smith took over the women's program in 2009, he has already coached the Cowgirls to 11 All-America honors and 13 Big 12 championships, led by four-time All-American and six-time Big 12 champion Natalja Piliusina.

To put those numbers into perspective, the Oklahoma State women's program had tallied five All-Americans and seven Big 12 champions from 2004-09.

2009 Men's Cross Country – Ryan Vail
2009 Men's Cross Country – Colby Lowe
2009 Men's Cross Country – John Kosgei
2009 Men's Cross Country – Girma Mecheso
2010 Women's Indoor Mile – Mihaela Susa
2010 Women's Indoor 5,000 meters – Felicity Milton
2010 Men's Indoor 5,000 meters – Colby Lowe
2010 Men's Outdoor 10,000 meters – John Kosgei
2010 Men's Cross Country - Girma Mecheso
2010 Men's Cross Country - German Fernandez
2010 Men's Cross Country - Colby Lowe
2010 Men's Cross Country - Tom Farrell
2010 Men's Cross Country - Johnathan Stublaski
2011 Women's Indoor DMR - Natalja Piliusina
2011 Women's Indoor DMR - Mihaela Bobos
2011 Women's Indoor DMR - Brandi Andrews
2011 Women's Indoor DMR - Mihaela Susa
2011 Women's Outdoor 800 meters - Natalja Piliusina
2011 Men's Cross Country - Colby Lowe
2011 Men's Cross Country - German Fernandez
2011 Men's Cross Country - Tom Farrell
2012 Men's Indoor Mile - Raul Botezan
2012 Women's Indoor 800 meters - Natalja Piliusina
2012 Men's Outdoor 5,000 meters - Girma Mecheso
2012 Men's Outdoor Steeplechase - Fabian Clarkson
2012 Men's Outdoor 1,500 meters - German Fernandez
2012 Men's Outdoor Hammer Throw - Nick Miller
2012 Women's Outdoor High Jump - Toni Young
2012 Women's Outdoor 1,500 meters - Natalja Piliusina
2012 Women's Outdoor Steeplechase - Kate Kujawa

BIG 12 PERFORMER OF THE YEAR - 4

2008 Men's Cross Country – German Fernandez
2009 Men's Indoors – German Fernandez
2009 Men's Outdoors- German Fernandez
2010 Men's Outdoors – John Kosgei

USTFCCCA MIDWEST REGION TRACK ATHLETE OF THE YEAR - 2

2009 Men's Indoors – German Fernandez
2009 Men's Outdoors – German Fernandez

BIG 12 CHAMPIONS - 48

1999 Women's Indoor 5,000 meters - Leigh Daniel
1999 Women's Outdoor 3,000 meters - Leigh Daniel
1999 Women's Outdoor 5,000 meters - Leigh Daniel
2000 Women's Indoor 3,000 meters - Leigh Daniel
2000 Women's Indoor 5,000 meters - Leigh Daniel
2001 Women's Outdoor 10,000 meters - Leigh Daniel
2001 Men's Indoor Mile - Gez Yossef
2002 Women's Indoor DMR - Katie Lyman
2002 Women's Indoor DMR - Brionne Yosten
2002 Women's Indoor DMR - Licretia Sibley
2002 Women's Indoor DMR - Shannon Spaulding
2003 Men's Indoor Mile – Jason Woolhouse
2004 Men's Indoor Mile – Jason Woolhouse
2004 Men's Outdoor 1,500 meters – Jason Woolhouse
2004 Men's Outdoor 10,000 meters – Scott Rantall
2008 Men's Indoor 3,000 meters – Ryan Vail
2008 Men's Cross Country – German Fernandez
2009 Men's Indoor Mile – German Fernandez
2009 Men's Indoor 3,000 meters – German Fernandez
2009 Men's Indoor 5,000 meters – John Kosgei
2009 Men's Outdoor 1,500 meters – German Fernandez
2009 Men's Outdoor 5,000 meters – German Fernandez
2009 Men's Outdoor 10,000 meters – Ryan Vail
2009 Men's Cross Country – Ryan Vail
2010 Men's Indoor 3,000 meters – Colby Lowe
2010 Men's Outdoor 1,500 meters – Johnathan Stublaski
2010 Men's Outdoor 5,000 meters – John Kosgei
2010 Men's Outdoor 10,000 meters – John Kosgei
2010 Men's Cross Country - Girma Mecheso
2011 Men's Indoor Mile - German Fernandez
2011 Men's Indoor 3,000 meters - Tom Farrell
2011 Women's Indoor 800 meters - Natalja Piliusina
2011 Women's Indoor Mile - Mihaela Susa
2011 Women's Indoor DMR - Natalja Piliusina
2011 Women's Indoor DMR - Mihaela Bobos
2011 Women's Indoor DMR - Caileigh Glenn

2011 Women's Indoor DMR - Mihaela Susa
2011 Men's Outdoor 1,500 meters - Tom Farrell
2011 Women's Outdoor 800 meters - Natalja Piliusina
2011 Men's Cross Country - German Fernandez
2012 Men's Indoor 5,000 meters - Shadrack Kipchirchir
2012 Women's Indoor 800 meters - Natalja Piliusina
2012 Women's Indoor DMR - Kate Kujawa
2012 Women's Indoor DMR - Caileigh Glenn
2012 Women's Indoor DMR - Mihaela Bobos
2012 Women's Indoor DMR - Natalja Piliusina
2012 Men's Outdoor Hammer Throw - Nick Miller
2012 Women's Outdoor 800 meters - Natalja Piliusina

BIG 12 NEWCOMER OF THE YEAR - 7

2006 Men's Cross Country – Daniel Watts
2007 Men's Cross Country – David Chirchir
2008 Men's Cross Country – German Fernandez
2009 Men's Indoors – German Fernandez
2009 Men's Outdoors – German Fernandez
2010 Men's Cross Country - Tom Farrell
2011 Women's Cross Country - Monika Juodeskaite

ALL-BIG 12 PERFORMERS - 128

2006 Men's Cross Country – Joe Gray
2006 Men's Cross Country – Daniel Watts
2006 Men's Cross Country – Brian Ehlis
2007 Men's Cross Country – Ryan Vail
2007 Men's Cross Country – David Chirchir
2007 Men's Cross Country – Sean Fleming
2007 Men's Cross Country – David Jankowski
2007 Men's Cross Country – Matt Barnes-Smith
2007 Men's Cross Country – Daniel Watts
2008 Men's Cross Country – German Fernandez
2008 Men's Cross Country – John Kosgei
2008 Men's Cross Country – Ryan Vail
2008 Men's Cross Country – Colby Lowe
2008 Men's Cross Country – David Chirchir
2009 Men's Indoor mile – German Fernandez
2009 Men's Indoor 3,000 meters – German Fernandez
2009 Men's Indoor 3,000 meters – John Kosgei
2009 Men's Indoor 3,000 meters – Sean Fleming
2009 Men's Indoor 3,000 meters – Colby Lowe
2009 Men's Indoor 5,000 meters – John Kosgei
2009 Men's Indoor 5,000 meters – Colby Lowe
2009 Men's Indoor 5,000 meters – David Chirchir
2009 Men's Outdoor 1,500 meters – German Fernandez
2009 Men's Outdoor 1,500 meters – Ryan Vail
2009 Men's Outdoor 3K steeplechase – David Chirchir
2009 Men's Outdoor 5,000 meters – German Fernandez
2009 Men's Outdoor 5,000 meters – Sean Fleming
2009 Men's Outdoor 5,000 meters – Colby Lowe
2009 Men's Outdoor 10,000 meters – Ryan Vail
2009 Men's Outdoor 10,000 meters – Alejandro Ruiz
2009 Men's Outdoor 10,000 meters – Clay Mayes
2009 Women's Cross Country – Mihaela Susa
2009 Men's Cross Country – Ryan Vail
2009 Men's Cross Country – John Kosgei
2009 Men's Cross Country – Colby Lowe
2009 Men's Cross Country – German Fernandez
2009 Men's Cross Country – Girma Mecheso
2010 Women's Indoor 800 meters – Kendra Woodson
2010 Women's Indoor 1,000 meters – Teran Mixon
2010 Women's Indoor Mile – Mihaela Susa
2010 Women's Indoor 3,000 meters – Felicity Milton
2010 Men's Indoor 800 meters – Raul Botezan
2010 Men's Indoor Mile – Johnathan Stublaski
2010 Men's Indoor 3,000 meters – Colby Lowe
2010 Men's Indoor 5,000 meters – Tom Farrell
2010 Women's Outdoor 1,500 meters – Mihaela Susa
2010 Women's Outdoor 5,000 meters – Felicity Milton
2010 Women's Outdoor Long Jump – Clarissa Andrews
2010 Women's Outdoor Triple Jump – Clarissa Andrews
2010 Men's Outdoor 1,500 meters – Johnathan Stublaski
2010 Men's Outdoor 1,500 meters – Tom Farrell
2010 Men's Outdoor 5,000 meters – John Kosgei
2010 Men's Outdoor 5,000 meters – Colby Lowe
2010 Men's Outdoor 10,000 meters – John Kosgei
2010 Men's Outdoor 3K steeplechase – Taylor Monaghan
2010 Men's Cross Country - Girma Mecheso
2010 Men's Cross Country - German Fernandez
2010 Men's Cross Country - Colby Lowe
2010 Men's Cross Country - Tom Farrell
2010 Men's Cross Country - Joseph Manilafasha
2010 Men's Cross Country - Ryan Prentice
2010 Women's Cross Country - Mihaela Susa
2010 Women's Cross Country - Felicity Milton
2011 Men's Indoor Mile - German Fernandez
2011 Men's Indoor Mile - Kirubel Erassa
2011 Men's Indoor Mile - Shane Moskowitz
2011 Men's Indoor 3,000 meters - Tom Farrell
2011 Men's Indoor 3,000 meters - German Fernandez
2011 Men's Indoor DMR - Taylor Monaghan
2011 Men's Indoor DMR - Tyler Payton
2011 Men's Indoor DMR - Raul Botezan
2011 Men's Indoor DMR - Tom Farrell
2011 Women's Indoor 800 meters - Natalja Piliusina
2011 Women's Indoor Mile - Mihaela Susa
2011 Women's Indoor DMR - Natalja Piliusina
2011 Women's Indoor DMR - Mihaela Bobos
2011 Women's Indoor DMR - Caileigh Glenn
2011 Women's Indoor DMR - Mihaela Susa
2011 Men's Outdoor 1,500 meters - Tom Farrell
2011 Men's Outdoor 1,500 meters - Raul Botezan
2011 Men's Outdoor 1,500 meters - Johnathan Stublaski
2011 Men's Outdoor High Jump - Taylor Buck
2011 Women's Outdoor 800 meters - Natalja Piliusina
2011 Women's Outdoor Triple Jump - Clarissa Andrews
2011 Men's Cross Country - German Fernandez
2011 Men's Cross Country - Colby Lowe
2011 Men's Cross Country - Shadrack Kipchirchir
2011 Men's Cross Country - Tom Farrell
2011 Men's Cross Country - Joseph Manilafasha
2011 Men's Cross Country - Kirubel Erassa
2011 Women's Cross Country - Natalja Piliusina
2011 Women's Cross Country - Monika Juodeskaite
2012 Men's Indoor 1,000 meters - Raul Botezan
2012 Men's Indoor Mile - Tom Farrell
2012 Men's Indoor Mile - Kirubel Erassa
2012 Men's Indoor 3,000 meters - Kirubel Erassa
2012 Men's Indoor 3,000 meters - Tom Farrell
2012 Men's Indoor 5,000 meters - Shadrack Kipchirchir
2012 Men's Indoor 5,000 meters - Girma Mecheso
2012 Men's Indoor Weight Throw - Nick Miller
2012 Women's Indoor 800 meters - Natalja Piliusina
2012 Women's Indoor 800 meters - Mihaela Bobos
2012 Women's Indoor 800 meters - Kendra Woodson
2012 Women's Indoor 1,000 meters - Caileigh Glenn
2012 Women's Indoor Mile - Kate Kujawa
2012 Women's Indoor DMR - Kate Kujawa
2012 Women's Indoor DMR - Caileigh Glenn
2012 Women's Indoor DMR - Mihaela Bobos
2012 Women's Indoor DMR - Natalja Piliusina
2012 Men's Outdoor 1,500 meters - German Fernandez
2012 Men's Outdoor 1,500 meters - Kirubel Erassa
2012 Men's Outdoor 1,500 meters - Raul Botezan
2012 Men's Outdoor 1,500 meters - Shane Moskowitz
2012 Men's Outdoor 5,000 meters - Shadrack Kipchirchir
2012 Men's Outdoor 5,000 meters - German Fernandez
2012 Men's Outdoor 5,000 meters - Girma Mecheso
2012 Men's Outdoor 10,000 meters - Shadrack Kipchirchir
2012 Men's Outdoor 10,000 meters - Girma Mecheso
2012 Men's Outdoor Steeplechase - Fabian Clarkson
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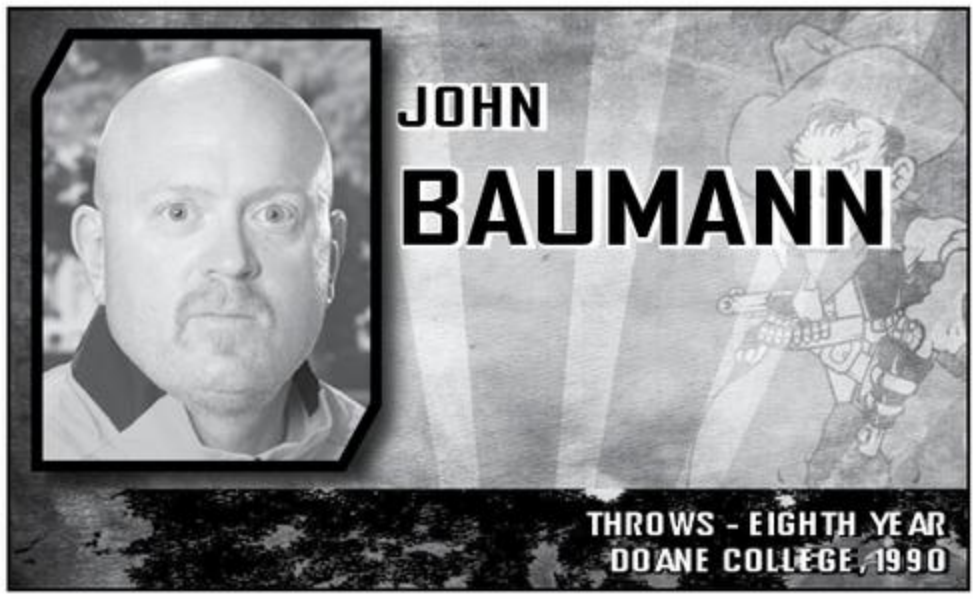
2012 Women's Outdoor 1,500 meters - Caileigh Glenn
2012 Women's Outdoor 1,500 meters - Teran Mixon
2012 Women's Outdoor 5,000 meters - Monika Juodeskaite
2012 Women's Outdoor Steeplechase - Kate Kujawa
2012 Women's Outdoor High Jump - Toni Young
2012 Women's Outdoor Hammer Throw - Caitlin Way

Under Smith's watch, the Oklahoma State women's cross country team placed fourth at the 2010 Big 12 Championships and was 17th at the 2010 NCAA Championships. Both of those showings were the best for the Cowgirls since 2005.

Smith came to Stillwater from Texas Tech, where he was the head men's and women's cross country coach, as well as assistant track coach from 1998-2002. Prior to his stint at Tech, Smith was a volunteer assistant coach for the University of Washington track and cross country programs from 1997-1998. He was also the head coach of Club Northwest women's cross country and track those same years. Athletes that Smith coached prior to his arrival at Oklahoma State won two NCAA Championships, 10 All-American awards, 11 Big 12 Championships, and a World University Games gold medal.

While competing collegiately at Michigan State, Smith was the Big Ten Conference champion in the 10,000m in 1993 and placed second in the 1,500m that season. He earned All-Big Ten honors four times in cross country and track during his career. Was also an 11-time Academic All-Big Ten selection and three-time Academic All-America selection. Smith also won the Big Ten Conference Medal of Honor in 1993.

Smith graduated from Michigan State in 1993 with a degree in fisheries and wildlife, and continued his education at the University of Washington, where he earned a Ph.D. in pharmacology in 2000.



Assistant coach John Baumann is in his eighth season as Oklahoma State's throwing coach after spending six seasons at the University of Illinois. He also provides assistance in the sprints, jumps, and weight programs.

Baumann was inducted into both the NAIA Hall of Fame and the Hall of Fame at his alma mater, Doane College in 2007.

He coached true freshman Nick Miller to the 2012 Big 12 outdoor title in the hammer throw and a second-team All-America finish at the NCAA Outdoor Championships. Under Baumann's guidance, Miller became Oklahoma State's first-ever male thrower to earn All-America honors outdoors and first male hammer thrower to win a conference title since 1901. Miller set school records in both the indoor weight throw and the outdoor hammer throw.

In 2011, Baumann oversaw Andrew Hudson setting a top 10 mark at OSU for discus throw, the first time a new top 10 had been set in the men's event since 1983. In 2012, both Hudson (discus) and Miller (hammer throw) competed at the NCAA West Preliminary.

Prior to the arrival of Hudson and Miller, Baumann spent nearly all of his time with the OSU women's throwers after initially joining the Oklahoma State staff in the fall of 2005.

One constant during that time is that Baumann's Cowgirls have performed at a level not seen previously at OSU, as five of the top eight indoor marks in the shot put in school history and six of the top eight indoor marks in the weight throw have been achieved during Baumann's tenure.

Similar success has been achieved in women's outdoors on Baumann's watch, as four of Oklahoma State's top six outdoor marks in the shot put, five of the top six outdoor marks in the discus and five of the top eight outdoor marks in the hammer throw have been achieved since Baumann arrived in Stillwater.

In his first season at OSU, Baumann helped develop LaKendra Greathouse and Deleanor Kirkpatrick into regional qualifiers. He followed that up by coaching Greathouse, Merritt Dietz and Alina Roman to berths at the NCAA Regional meet in 2007.

During the 2008 outdoor season, both Dietz and Greathouse competed in the shot put at the NCAA regional meet, with Dietz and Roman both competing in the discus at the regional meet and Kirkpatrick competing in the hammer throw at the regional meet.

The 2009 season saw Dietz secure all-Big 12 honors in the shot put both indoors and outdoors to go with a runner-up finish in the discus at the conference meet. She qualified for the NCAA Championships in the discus.

Before his arrival in Stillwater, Baumann had a stellar career coaching the field events at Illinois, where he helped guide his student-athletes to school records in the hammer, discus and the weight throw.

In 2002, Baumann saw the Illini throwers develop into some of the top throwers in the Big 10 Conference. The throwers broke two school records as Baumann coached three Illini into provisional qualifiers for NCAA Indoor and Outdoor Championships. He then helped Gia Lewis set the school record in the 20-pound weight throw (62'0.5) on two occasions.

During the outdoor season, Baumann coached Marie Hilmersson to an Illinois record in the hammer throw as she broke that mark by nearly 27 feet. Another of Baumann's students, Adeoti Oshinowo, performed well during the outdoor season in the shot put as she became just the third Illinois athlete to top 50 feet in the event.

Baumann has also been successful in coaching multi-event athletes, where he coached Illini's Jessica Bayne to an eighth-place finish in the heptathalon at the Big 10 Championships. Bayne scored a total of 4,724 points in one of the strongest fields in the meets history.

In 2001, Baumann led Gia Lewis to a Big 10 title in the discus and a fifth-place finish at the NCAA Outdoor Championships, where she earned All-American honors. Baumann then watched Lewis set a school record in the discus. In 2000, Baumann helped Lewis train for the U.S. Olympic Trials in the discus.

Baumann joined the Illini staff in February of 1998 after coaching at George Mason University, where he was the head strength coach for two years, along with serving as a volunteer assistant coach for both the men's and women's track and field teams.

At George Mason, Baumann was able to build a strong field program, by developing a national qualifier in both the long jump and the shot put.

Baumann then helped George Mason to the 1996 NCAA Men's Indoor title, then helped the Patriots to a runner-up finish at the NCAA Outdoor Championships that same year.

Prior to his arrival at George Mason, Baumann was a member of Gary Wieneke's Illinois men's track and field staff from 1993-95. Baumann coached the throwers, and helped the Illini win the 1994 Outdoor Big Ten Championships and finish fourth at the 1995 NCAA Indoor Championships.

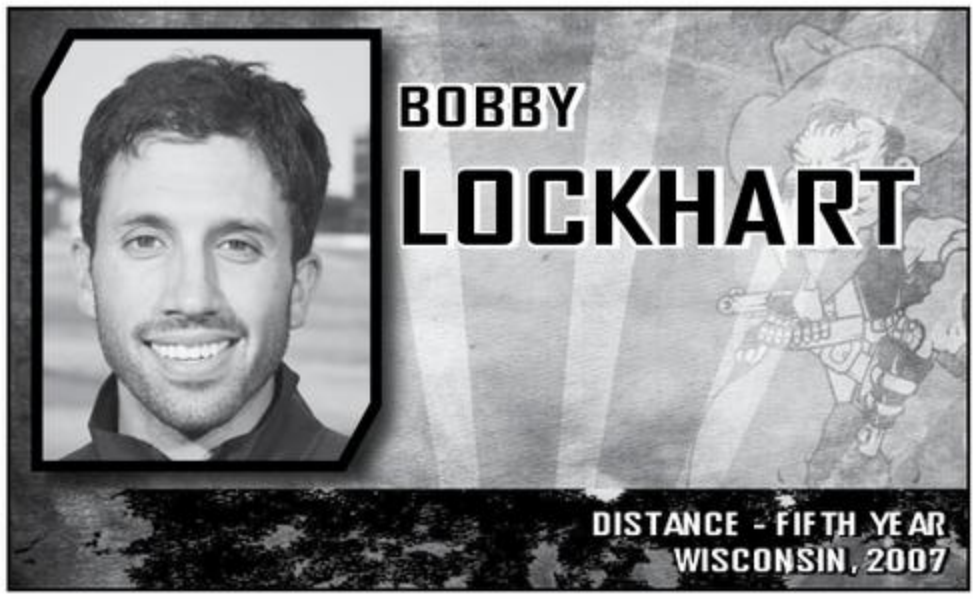
During his coaching career, Baumann has coached 30 All-Americans, 36 NCAA qualifiers and 20 individual conference champions. He also coached nine of the 1996 Olympic team members and helped Rob Mussio (USA) qualify for the Olympics.

Baumann started his collegiate career at the University of Nebraska, where he redshirted in football and track. He then transferred to Doane College in Crete, Neb., where he was a member of Doane's football and track teams. He played four different positions in football and was a four-year offensive starter.

In track, he became a 10-time All-American for the Tigers in the shot put and discus. For four years he was Nebraska Intercollegiate Athletic Conference (NIAC) indoor and outdoor shot put champion and outdoor discus champion as well as the NAIA District 11 indoor/outdoor shot put champion. He also earned the outdoor District 11 discus champion title for three years.

He was a key member of the team that became District 11 indoor champions. Baumann earned his B.S. in physical education from Doane in 1990.

Baumann and his wife, Lisa, have three daughters, Catabrean, Holly and Sadie, and one son, Max.



Bobby Lockhart joined the Oklahoma State coaching staff in the role of assistant coach and recruiting coordinator just prior to the start of the 2008 cross country season.

Lockhart's time in Stillwater has been flooded with success, as the Cowboys won the 2009 and 2010 NCAA cross country team titles to go with four Big 12 cross country team championships. Additionally, German Fernandez won the NCAA 1,500 meter championship in 2009 and Fernandez (2008 and 2011), Ryan Vail (2009) and Girma Mecheso (2010) were crowned as Big 12 individual cross country champions.

He was directly responsible for coaching steeplechasers Fabian Clarkson and Kate Kujawa to All-America finishes during the 2012 outdoor season.

Since Lockhart joined the Oklahoma State staff, Oklahoma State runners have combined to earn 33 All-America honors and 31 Big 12 individual championships.

Lockhart was key in attracting one of the country's top recruiting classes in 2010, as that group included Nike indoor nationals 5,000 meter champion Kirubel Erassa and two-time Gatorade Washington runner of the year Shane Moskowitz.

A standout distance runner at the University of Wisconsin and former national high school athlete of the year, Lockhart came to Stillwater from the University of Oklahoma, where he served as an assistant coach for the Sooners track and field/cross country program since August of 2007.

Lockhart had been volunteering with the Sooners since the beginning of the 2007 outdoor season, helping the OU men's team win its first Big 12 Outdoor Championship title.

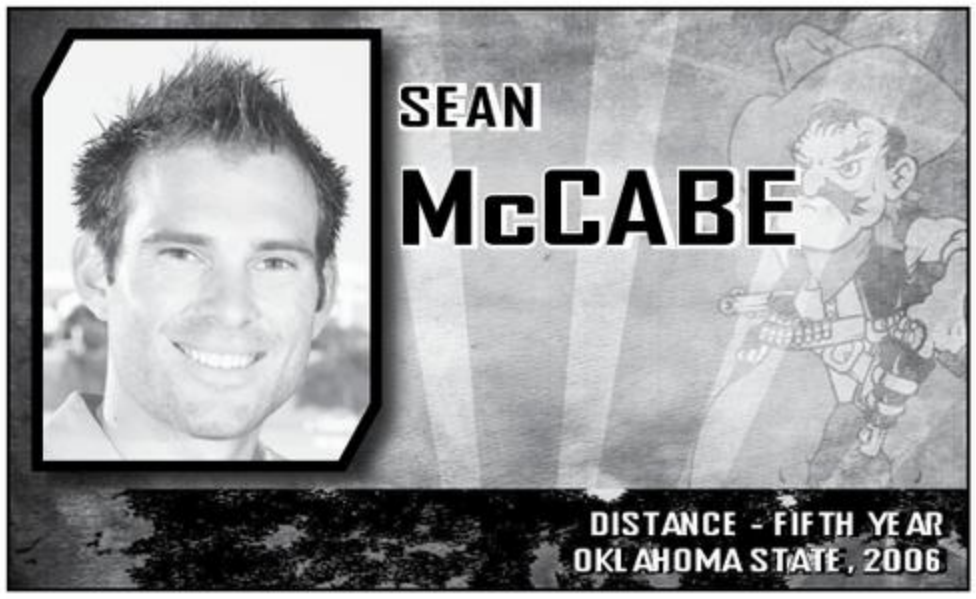
As a runner, Lockhart helped Wisconsin win a national cross country championship in 2005 after finishing runner-up three consecutive years. He was also part of 11 Big Ten championship-winning cross country, indoor track and outdoor track teams.

Twice an NCAA All-American at Wisconsin, Lockhart earned the honor once each in cross country and outdoor track (10,000-meter run). He was twice named to the All-Big Ten Conference Cross Country Team.

Bursting onto the scene as one of the nation's most talented high school distance runners, Lockhart was a member of Team USA at the 2002 World Cross Country Championships and was named a Nike Athlete of the Year after winning the two-mile run at the Nike Indoor Nationals and two-mile run at the Adidas Outdoor Classic.

Lockhart was runner-up at the 2001 Foot Locker National Cross Country Championships and won 19 state titles in Virginia, including a record four in cross country.

Lockhart, a native of Winchester, Va., graduated from the University of Wisconsin in 2007.



Sean McCabe is in his fifth year as a full-time assistant coach at Oklahoma State after being promoted to the position in 2008. Upon completion of his running career with the Cowboys in 2006, McCabe stayed with the program as a graduate assistant.

His debut season as a full-time assistant coach in 2008-09 resulted in the first Big 12 team cross country championship in Oklahoma State history to go with seven individual conference championships during the cross country and track and field seasons. The year was capped off by German Fernandez winning the NCAA individual title in the 1,500 meters.

His second year resulted in the Cowboys winning the 2009 NCAA cross country title and OSU's second straight Big 12 team championship. Ryan Vail became the second Cowboy to win the Big 12 individual crown during McCabe's time as a full-time coach in 2009, joining Fernandez, who accomplished the feat just one year prior.

Additionally, Fernandez was honored as the Big 12 indoor and outdoor athlete of the year in 2009 and John Kosgei was the 2010 Big 12 outdoor athlete of the year.

It was more of the same during McCabe's third year on staff, with the Cowboys winning the Big 12 and NCAA cross country team titles and Oklahoma State men's runners combining to earn five All-America honors and three individual Big 12 championships.

OSU added a fourth straight Big 12 cross country title in 2012 and was the national runner-up. Fernandez won his second conference individual cross country crown.

All tolled, Oklahoma State's runners have recorded 33 All-America honors and 31 Big 12 individual titles with McCabe on staff. He assisted in assembling one of the country's top recruiting classes in 2010, as that group included Nike indoor nationals 5,000 meter champion Kirubel Erassa and two-time Gatorade Washington runner of the year Shane Moskowitz.

McCabe's primary responsibilities lie in recruiting, equipment and travel.

A two-time all-Big 12 performer on the track, McCabe added all-region cross country honors in 2004 and 2005. He was a three-time academic all-Big 12 selection and was a five-time recipient of the Student Athlete Academic Achievement Award.

In addition to his duties with the program, McCabe has also served as the race director for Stillwater's Remember the Ten run since 2006.

A native of Duncan, Okla., McCabe graduated from Oklahoma State in 2006 with a degree in biological sciences and a minor in marketing, then added a master's degree in health and human performance from OSU in 2008.

Zivile Pukstiene is in her 10th year at Oklahoma State after joining the Cowgirl staff in 2003. She assists primarily in jumps and sprints. All of Oklahoma State's outdoor women's jumping records have been set under Pukstiene's watch.

Cowgirl high jumper Toni Young earned All-America honors by placing fifth at the 2012 NCAA outdoor meet. She became OSU's first-ever female high jump All-American and shattered the school record by clearing 1.87 meters/6-01.50 at the national meet.

Pukstiene coached Clarissa Andrews to lengths never before reached for a jumper at Oklahoma State, as Andrews owns the school record in both the outdoor long jump and the outdoor triple jump under Pukstiene's watch.

Andrews' triple jump mark of 13.11 meters/43-00.25 at the 2011 Big 12 Championships obliterated the previous school record of 12.89 meters/42-03.5.

Pukstiene's work with the Cowgirl jumpers has resulted in five of Oklahoma State's all-time top seven indoor marks in the long jump and each of the top three indoor marks in the triple jump being set during her time in Stillwater.

The success of Pukstiene's pupils has also extended to the outdoor season, where five of the top eight marks in the long jump and five of OSU's all-time top seven marks in the triple jump have been set since Pukstiene's arrival.

In 2009, Andrews and Baiba Blumbaha logged the two best outdoor long jump marks in school history at the Big 12 Championships and both went on to compete at the NCAA regional meet. Blumbaha then went on to suit up for the Cowgirls at the national meet.

Pukstiene also had an impressive addition to her resume in 2011, as she coached men's walk-on Taylor Buck to some of the best high jump performances in school history. Buck's high jump of 2.14m/7-00.25 was the highest mark at Oklahoma State in decades and ranks third in school history.

During her career at Oklahoma State, Pukstiene coached triple jumper Paula Ogunbanjo to a third-place finish at the 2004 Big 12 Indoor Championships and helped develop Ogunbanjo into an NCAA qualifier in 2005. Pukstiene also coached heptatahlete Tihana Sarac to a school record in 2005.

Pukstiene attended Southern Methodist University after beginning her jumping career in her home country of Lithuania. Pukstiene not only set the school record in the triple jump for the Mustangs, but also represented SMU at the 2003 NCAA Indoor and Outdoor Championships. Pukstiene placed ninth in the Indoor Championships, while claiming a 12th-place finish at the Outdoor Championships.

Before attending SMU Pukstiene was Lithuania's national champion in the triple jump in 2001 and 2003. She set the Lithuanian junior national record in the triple jump in the under-18, under-20 and under-23 divisions.

Pukstiene is married to Mindaugas Pukstas. The couple has two children, Rokas (born in 2004) and Gabija (born in 2007).

Brionne Yosten joined the Oklahoma State track and field and cross country staff in July of 2009 and focuses primarily on coaching the distance events. She is also involved in coordinating logistics of travel and on-campus visits.

During her time in Stillwater, the Cowboy cross country team won back-to-back NCAA team titles in 2009 and 2010 and was the NCAA runner-up in 2011. The Pokes have won the Big 12 cross country team title every year since Yosten's arrival.

With Yosten on staff, 28 Oklahoma State runners have earned All-America status and 24 have been crowned as Big 12 champions.

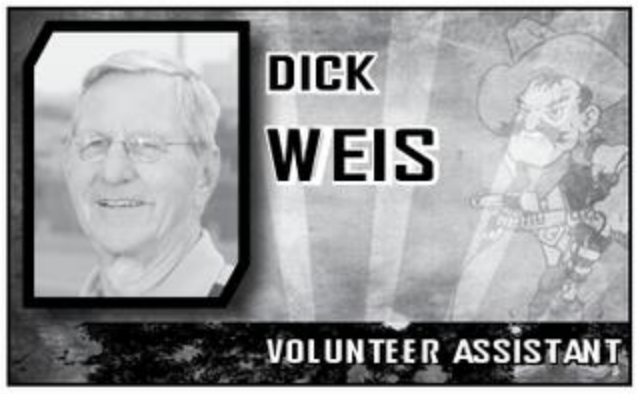
Yosten helped the Cowgirl program to scoring finishes at the NCAA Indoor Championships in 2010, 2011 and 2012, marking the first time since 1997-99 that the OSU women scored three consecutive years at the indoor meet.

Similarly, she helped the Cowboys to their highest-ever finish in the team standings at the Big 12 Indoor Championships in 2012, as the Cowboys placed sixth at the conference meet despite having competitors in only seven of a possible 19 events.

A familiar name to those who follow Big 12 running, Yosten spent the 2008-09 season coaching at Western Michigan, but has Big 12 roots, as she was a 12-time all-conference performer and three-time NCAA Championships qualifier during her athletic career at Texas Tech. A member of the distance medley relay team that captured the Big 12 championship, Yosten is also the Red Raiders school record holder in the 1,000 meter run.

After receiving her bachelor's degree in mathematics and statistics with a minor in chemical engineering from Texas Tech in 2005, Yosten went on to continue her education in graduate school at the University of Wisconsin. With one year of athletic eligibility remaining, she competed her last outdoor track season as a Badger and ran the 1,500 meters at the 2006 NCAA Championships.

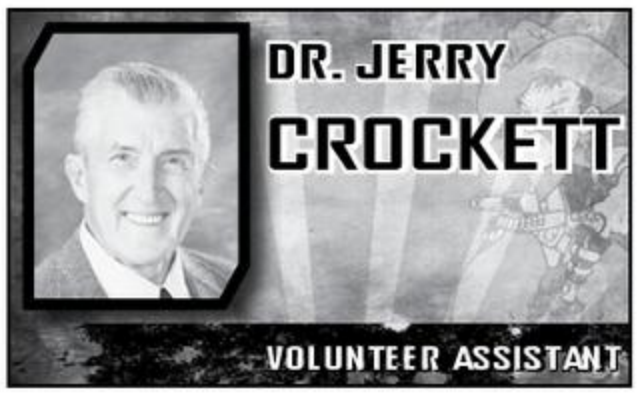
She stayed on to volunteer with the Wisconsin staff for two years, where her duties consisted of assisting with the distance groups, scheduling and administrative help. Her first full-time coaching opportunity came at Western Michigan in 2008, where Yosten coached the Bronco distance runners for one season before coming to Oklahoma State.



Coaching Timeline
1979-82: Missouri women's head XC coach
1983-94: Oklahoma State women's head XC coach
1983-95: Oklahoma State women's T&F head coach
1983-2005: Oklahoma State men's head XC coach
1989-2008: Oklahoma State men's head T&F coach

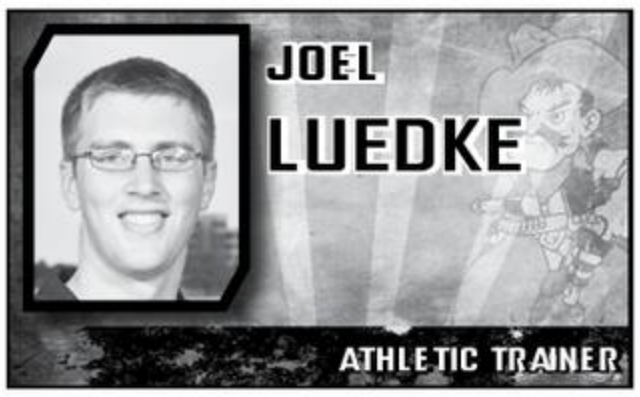
Championships as a Head Coach
1980: Big 8 women's cross country
1995: Big 8 men's cross country
1995: District V men's cross country
1996: District V men's cross country
1997: District V men's cross country
1998: District V men's cross country
2000: District V men's cross country
2003: District V men's cross country
2005: District V men's cross country

Awards and Recognition
1995 Big 8 men's cross country coach of the year
1995: District V men's XC coach of the year
1996: District V men's XC coach of the year
1997: District V men's XC coach of the year
1998: District V men's XC coach of the year
2000: District V men's XC coach of the year
2003: District V men's XC coach of the year
2005: District V men's XC coach of the year



Notable
During his tenure at OSU, he became a master's distance runner, setting many state records and winning several national championships. He was elected to the Oklahoma Distance Running Hall of Fame. In 1976, he became an aide to Coach Ralph Tate in the OSU track and field and cross country program until his retirement. He served in various state and national positions with the USA Track and Field governing body and retired in 2005 as the chair of the Long Distance Running Division which oversees all distance running (track, road running, cross country, mountain, ultra and trail running) in the U.S. and coordinates the selection of all national teams.

Notable
Earned two All America honors and two Big 12 individual championships competing at OSU from 2007-2011. Holds the OSU school records for the indoor mile, indoor DMR and outdoor 1,500 meters. Also earned nine All-Big 12 honors.



OKLAHOMA STATE

THE COWGIRLS

Personal Bests

Javelin - 27.39m/89-10
Discus - 38.56m/126-06
Shot Put - 12.17m/39-11

2012 Outdoors: Competed in the javelin throw on two occasions for the Cowgirls ... Set her personal best with a toss of 27.39 meters/89-10 at the John Jacobs Invitational, where she placed sixth ... Also placed sixth at the season-opening Tulsa Duels after recording a throw of 25.76 meters/84-06.

2012 Indoors: Did not compete.

2011 Cross Country: Did not compete.

High School: Attended Whitesboro HS in Whitesboro, Texas ... Was awarded the Lady Cat Fighting Heart ... Voted best field athlete on her team in 2010 and 2011 ... Was a member of National Honor Society.

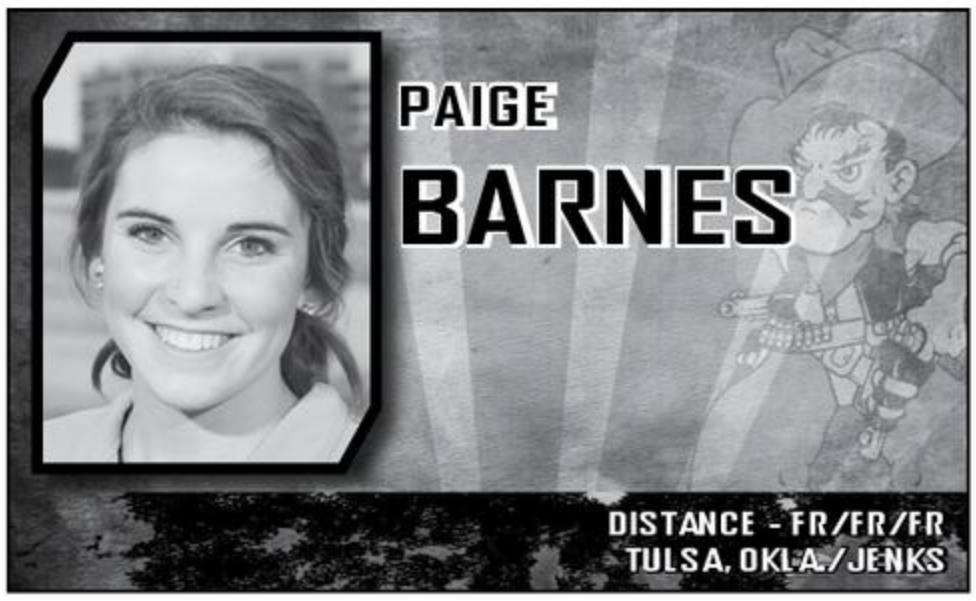
Personal: Born on April 28, 1993 in Denton, Texas ... Daughter of Holly Williams

Personal Bests

1,600 meters - 5:18
5,000 meters - 18:00

High School: Placed second at the 2010 Texas state cross country championships ... Named to the All-South team at the Footlocker Cross Country South Regional in 2010 ... Named to the All-Region second-team at the NXN South Regional ... Named first-team all-district in 2008-10 ... Earned Newcomer of the Year honors as a freshman and was a finalist in the state championship ... Earned Outstanding Academic Acheivement Award and Academic Citizenship Award.

Personal: Natalie Baker was born July 8, 1994 in Edina, Minn. ... Daughter of Kris and Annette Baker ... Was a Plana West Pal and a memeber of the choir ... Her brother, Will, played hockey at Syracuse ... Cousins Emily and Adam Lawless ran cross country at Texas Tech.



Personal Bests

800 meters - 2:17
1,500 meters - 4:53
1,600 meters - 5:17
2,000 meter steeplechase - 7:32
3,000 meters - 10:54

High School: Helped lead her team to the Oklahoma 6A cross country state championship in 2008 ... Named a three-time all-state performer in cross country and track ... Named team captain of the cross country and track teams her senior year ... A member of the National Honor Society and Student Council.

Personal: Paige Barnes was born August 27, 1994, in El Paso, Texas ... Daughter of Donnie and Lori Barnes.

Personal Bests

200 meters - 24.76
400 meters - 54.45
600 yards - 1:26.41
800 meters - 2:10:83

All-American

2011 Indoor Distance Medley Relay (First Team; Fifth Place)

Big 12 Champion

2011 Indoor Distance Medley Relay
2012 Indoor Distance Medley Relay

Oklahoma State School Record Holder

Distance Medley Relay - 11:04.59

All-Big 12 (Scored at Conference Meet)

2011 Indoor Distance Medley Relay
2012 Indoor Distance Medley Relay
2012 Indoor 800 Meter Run

Honors and Awards

2011 USTFCCCA All-Academic Team (Track and Field)
2012 USTFCCCA All-Academic Team (Track and Field)
2012 First Team Academic All-Big 12 (Track and Field)

2012 Outdoors: Ran the 800 meters four times during the outdoor season, including a season-best time of 2:15.42 in the preliminary round of the Big 12 Championships ... Placed sixth at the Arkansas Twilight after running a 2:16.27 ... Other times were 2:17.83 at the John McDonnell Invitational and 2:18.84 at the Stanford Invitational.

2012 Indoors: Teamed with Kate Kujawa, Caileigh Glenn and Natalja Piliusina to become a two-time Big 12 champion in the distance medley relay after finishing in 11:19.42 at the conference meet ... The foursome's championship time was good for third-fastest in school history ... All-Big 12 honoree in the 800 meters after placing sixth at the conference meet in 2:12.02 ... Other 800 meter times were 2:12.52 at the Razorback Invitational and 2:13.61 at the Tyson Invitational ... Clocked a 1:27.05 in the 600 yard run to finish second at the KSU Invitational.

2011 Cross Country: Suited up once for the Cowgirls, placing 30th in the two-mile Hurricane Festival with a time of 12:41.

2011 Outdoors: Ran the 800 meters in 2:13.40 during the preliminary round of the Big 12 Outdoor Championship to finish in 22nd place ... Earned USTFCCCA all-academic honors ... Ran the 800 meters at four regular season meets, setting the ninth-best time on the all-time Oklahoma State outdoor list when she clocked a 2:10.83 at the Arkansas Twilight meet ... Other 800 meter times were 2:12.59 at the Mt. SAC Relays, 2:14.19 at the Razorback Invitational and 2:16.71 at the John McDonnell Invitational.

2011 Indoors: Secured All-America status as part of the Oklahoma State distance medley relay team that placed fifth at the NCAA Championships by running an 11:04.59 at nationals ... That time set the school record ... Earned the title of Big 12 champion as part of that same distance medley relay squad that ran an 11:09.67 at the conference meet ... Just missed out on advancing to the Big 12 finals in the 800 meters when she placed 11th in the prelims with a 2:11.56 ... Ran the 800 meters in 2:13.27 at the Husky Classic ... Ran the 600 yards at three meets, logging a season-best time of 1:26.41 at the J.D. Martin Invitational ... Other 600 yard times were 1:27.36 at the Kansas State All-Comers meet and 1:29.66 at the Kansas State Invitational ... Ran the 400 meters in 1:00.10 at the Razorback Invitational.

2010 Cross Country: Did not compete.

Prior to OSU: Attended Liceul au Program Sportiv in her native Romania ... Coached by Viorel Morutan.

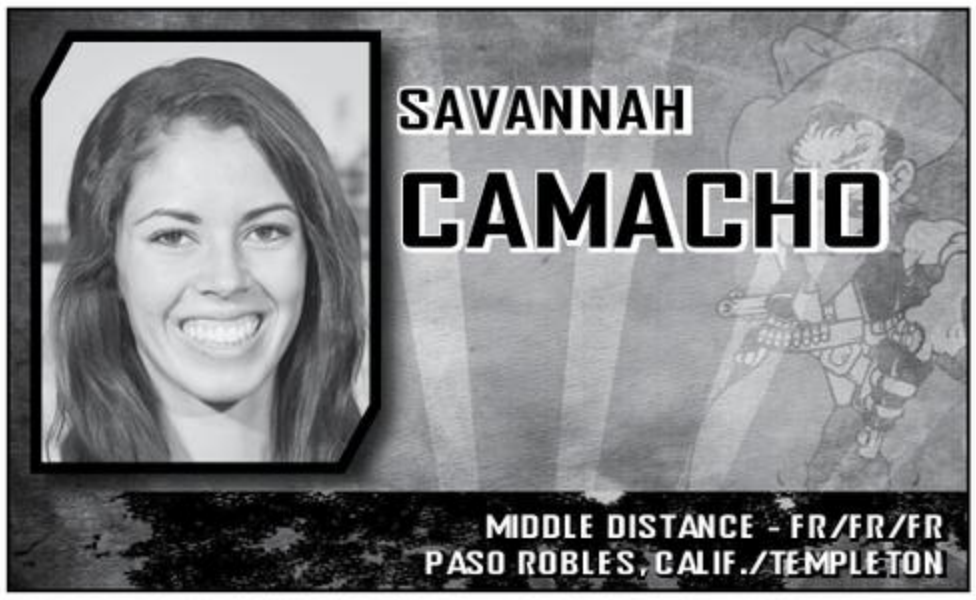
Personal: Mihaela Bobos was born March 1, 1990 in Cluj-Napoca, Romania ... Daughter of Vasile Bobos and Maria Morea.

Personal Bests

200 meters - 25.6
400 meters - 58.4

High School: Attended Starr's Mill HS in Peachtree City, Ga., where she was coached by Chad Walker ... High school personal bests included a 25.6 in the 200 meters and a 58.4 in the 400 meters ... Won regional titles in the 200, 400 and 800 meters ... Record holder in both the sprint medley relay and the coed sprint medley ... Four-year track and field letterwinner ... Also played volleyball ... Member of the Dean's Honor Roll ... President of the H.E.R.D.E.S. Club that raised money for children with AIDS ... Coordinated winter and summer Special Olympics for the region ... A competitor for the 2009 Miss Georgia Outstanding Teen.

Personal: Triana Browne-Hearrell was born Jan. 4, 1993 in Tulsa ... Daughter of Dr. Monica Browne and Joel Hearrell ... Both her parents ran track for Oklahoma State, with her mother competing in the 100, the 200 and the 400 meters and her father running the 800 and 1,500 meters and cross country ... Close family friend of Olympic gold medal-winning wrestler Kenny Monday.



Personal Bests

400 meters - 57.0
800 meters - 2:07
1,600 meters - 4:49

High School: Was a Los Padres league cross country champion all four years of high school ... Three-time Division 4 champion in the 800m ... Three-time runner-up in the 800 meters at the California state championship meet ... Ranked nationally as the No. 3 returning senior in the 800 meters ... Part of four 4x400 meter relay league championship teams ... Four-time Los Padres League champion in the 800 meters and 1,600 meters ... Placed fifth at the 2011 California state cross country championships ... Named the Bearcat Rotary Relays Most Outstanding Athlete ... Named the San Luis Obispo County

track meet Most Outstanding Performer ... Won the Arcadia Invitational in the 800 meters her junior and senior years ... Two-time winner of the West Coast Relays ... Named the Templeton High School Boosters Fall and Spring Athlete of the Year ... Named the Templeton Freshman and Sophomore track and field Athlete of the Year ... Twice named the Templeton Cross Country Runner of the year ... Earned Templeton Track MVP award three times ... Named Templeton Track Most Outstanding Athlete of the Year.

Personal: Savannah Camacho was born March 29, 1994, in San Mateo, Calif. ... Daughter of Bonita and Jerry Camacho ... Her mother, Bonita, ran cross country for Humboldt State ... Savannah also competed in club soccer her freshman year ... Volunteered at the United Way as a youth board member.

Personal Bests

1,500 meters - 4:35.23
Mile - 5:03.97
3,000 meters - 9:47.47
5,000 meters - 16:56.24

Honors and Awards

2011 Second-Team Academic All-Big 12 (Track and Field)
2011 First-Team Academic All-Big 12 (Cross Country)
2012 First-Team Academic All-Big 12 (Track and Field)

2012 Outdoors: Set her personal best in the 5,000 meters at the Stanford Invitational when she ran a 16:56.24, which was good for ninth in her heat ... Placed eighth in the 1,500 meters at the season-opening Tulsa Duels after clocking a 4:54.36.

2012 Indoors: Ran a personal record in the 3,000 meters of 9:47.47 at the Big 12 Championships, which was good for 10th place ... Other 3K times include 9:58.13 at the Tyson Invitational and 9:58.77 at the Razorback Invitational ... Ran a 5:16.51 in the mile at the KSU Invitational to place seventh.

2011 Cross Country: Competed in all six events for the Cowgirls during the 2011 campaign ... Placed 26th at the Big 12 Championships, running the 6,000 meters in a season-best 20:45.9, which is the ninth-best 6,000-meter time in OSU history ... Came in 29th at the Midwest Regional, clocking a 22:01.82 in the 6,000-meter race ... Ran a 21:55.2 at the NCAA Championships to finish as the fifth scoring runner for OSU ... Opened the season by placing 15th at the Hurricane Festival, running an 11:47 in the two-mile event ... Placed 41st at the Chile Pepper Festival, recording a time of 21:38.0 ... Came in 56th at the 5,000-meter Cowboy Jamboree, running an 18:44.01.

2011 Outdoor: Placed 18th in the preliminary round of the Big 12 Championships, running the 1,500 meters in 4:50.90 ... Set a personal best in the 1,500 meters with a 4:35.23 at the Arkansas Twilight, where she finished eighth ... Placed second at the John McDonnell Invitational in the 1,500 meters with a time of 4:44.42 ... Placed fifth in the 1,500 meters at the Tulsa Duels with a time of 4:50.77.

2011 Indoor: Was the Cowgirls' best finisher in the 3,000 meters at the Razorback Invitational, finishing ninth with a time of 10:12.98 ... Also competed in the 3,000 meters at the Big 12 Championships.

2010 Cross Country: Suited up one time for the Cowgirls, placing 14th at the Hurricane Festival.

2010 Outdoors: Competed in the 5,000 meters at the Big 12 Championships, crossing the finish line in 17:26.33 to place 26th ... Ran the 1,500 meters in 4:42.43 at the Arkansas Twilight Meet, 4:46.79 at the John McDonnell Invitational and 4:57.24 at the Tulsa Duels ... Suited up for the 3,000 meters at the John Jacobs Invitational, running a 10:13.19.

2010 Indoors: Competed in both the mile and the 3,000 meters at the Big 12 Championships, clocking a personal-best 5:03.97 in the mile to place 13th in the preliminary rounds and a 10:04.58 in the 3,000 meters to place 34th ... Other mile times included a 5:13.73 at the Razorback Invitational and a 5:22.90 at the Wichita State Invitational ... Ran the 3K in 10:13.35 at the Tyson Invitational ... Competed as part of OSU's distance medley relay team that finished in 12:06.57 at the Razorback Invitational.

2009 Cross Country: Impressed the coaching staff immediately and was rewarded with substantial varsity action as a true freshman ... Placed 69th at the 6,000-meter Big 12 Championships in 23:40 ... Was 59th at the Chile Pepper Festival in 22:34 ... Crossed the finish line in 11:37 to place 11th at the two-mile Hurricane Festival and was 80th at the 5,000-meter Cowboy Jamboree in 19:02.

High School: Attended Santa Teresa HS in Santa Teresa, N.M., where she was state champion in 3,200 meters as a sophomore, junior and senior... State champion in cross country as a senior...Also competed in basketball and volleyball in high school...was a member of the student council.

Personal: Born April 24, 1991 in Rocky Ford, Colo...Parents' names are Pedro and Esther Campos.

Personal Bests

1,500 meters - 4:53.21
Mile - 5:20
3,000 meters - 10:42.54

2012 Outdoors: Did not compete.

2012 Indoors: Did not compete.

2011 Cross Country: Ran once for the Cowgirls, placing 20th at the Hurricane Festival, completing the two-mile course in 12:00.

2011 Outdoors: Suited up in four events for OSU ... Set her personal best in the 1,500 meters with a time of 4:53.21 at the John Jacobs Invitational ... Set another personal best in the 3,000 meters at the Tulsa Duels with a time of 10:42.54 ... Ran the 5,000 meters in 18:46.58 at the John McDonnell Invitational to place sixth.

2011 Indoors: Participated in two events during the regular season ... Finished eighth in the mile at the KSU Invitational with a time of 5:22.28 ... Came in 15th in the 3,000 meter at the Razorback Invitational with a time of 10:50.68.

2010 Cross Country: Posted a 24:02.85 in the 6,000 meters to finish 56th at the Cowboy Jamboree ... Ran the 5,000 meters at the Chile Pepper Festival in 19:40.82.

High School: Attended Collinsville HS in Collinsville, Okla., where she was coached by Arlin Stacy ... All-state performer in both cross country and track and field her senior year ... Led the cross country team to a state title her senior year ... Won the state title in the mile and two-mile as a senior ... Class Valedictorian and member of the National Honor Society ... Vice President of her senior class ... Member of the FCCLA and student council ... Also played basketball and softball and was a member of the pom squad.

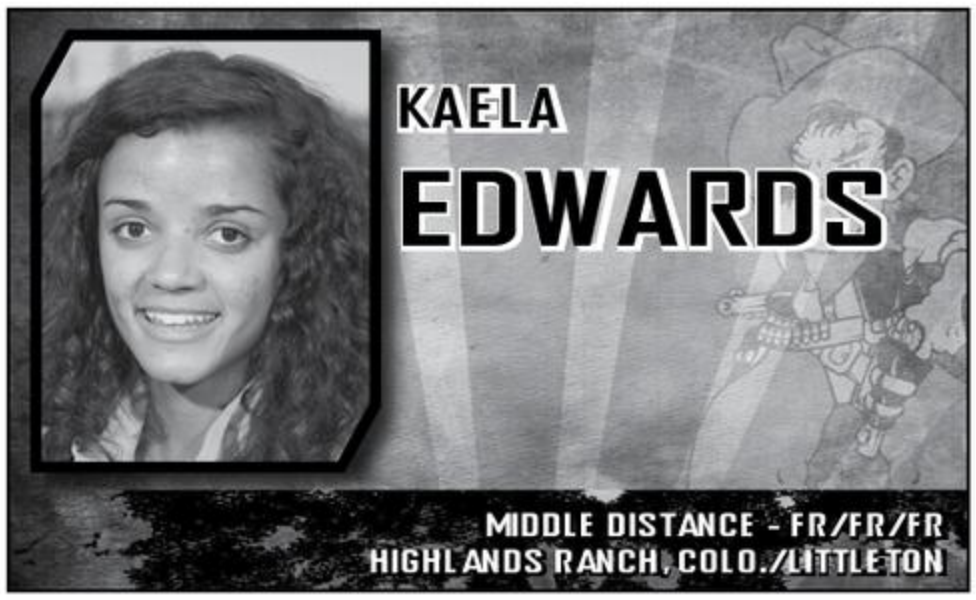
Personal: Jenny Dyer was born March 19, 1992 in Arlington, Texas ... Daughter of Tim and Sheryl Dyer.

Personal Bests

100 meters - 12.19
Shot Put - 45-02.50
Javelin - 124-01.00

High School: Won the New Mexico 4A 100 meter and the 4x100 relay state championships three-straight years ... Took the state championship in the shot put and javelin in 2011 ... Helped lead Los Alamos to three-straight state team championships ... Was the highest scoring female at the state meet in 2011 ... Also competed on the varsity basketball and volleyball teams ... Named to the all-district team in basketball and volleyball ... In volleyball, she was named the all-district player of the year and named to the all-state team ... Competed on the junior varsity soccer and softball teams.

Personal: Chase Ealey was born July 20, 1994, in Springfield, Ill. ... Daughter of Michelle Naranjo ... Her sister, Taylor, played basketball at New Mexico Highlands University, and her uncle, Leroy Naranjo, played football at New Mexico Highlands.



Personal Bests

300 meter hurdles - 45.13
400 meters - 55.08
800 meters - 2:07.61
5,000 meters - 18:48.00

High School: Anchored the 4x400 meter relay team that holds the Colorado state record ... Entered her senior year ranked No. 6 nationally in the 800 meters among seniors ... Finished fourth in the 400 meters and 800 meters at the 2011 Colorado State Championships ... Named an all-state performer in track ... Voted cross country team MVP twice and track team MVP once ... Named the Athlete of the meet at the City of Littleton Championships, Mullen Invitational and Liberty Bell ... Awarded the Littleton Female Athlete of the Year ... Also competed in basketball and cheerleading ... Named to the academic honor roll.

Personal: Kaela Edwards was born Dec. 8, 1993 in Aurora, Co. ... Daughter of Tom and Tracey Edwards ... Uncle Jeff Henderson ran track at Adams State.

Personal Bests

800 meters - 2:19.73
1,000 meters - 3:07.91
1,500 meters - 4:51.31

2012 Outdoors: Ran once for the Cowgirls, placing 15th in the 800 meters at the John Jacobs Invitational after running a 2:36.13.

2012 Indoors: Suited up once for the Cowgirls, running a 3:07.91 in the 1,000 meters to place second at the KSU All Comers meet.

2011 Cross Country: Did not compete.

High School: Attended Sperry HS in Sperry, Okla., where she was coached by Brad Tillman ... Two-time state champion in the 800 meters and was also a state 800 meter runner-up ... Three-time regional 800 meter champion ... Two-time all-state honoree in track and field ... State medalist in the mile ... Earned all-state honors in cross country ... Also played basketball ... Served as her class vice president and was also vice president of the honor society and the student council ... President of the Fellowship of Christian Athletes and was her class salutatorian ... Was involved in FCA and community service through her church youth group.

Personal: Alex Ervin was born Jan. 17, 1993 in Tulsa ... Daughter of Melissa and Billy Gorden and Jamie and Stan Ervin.

Personal Bests

400 meters - 57.63
800 meters - 2:14.94

High School: Was an all-conference selection in track all four years and cross country in 2011 and 2012 ... Was the Jefferson County League MVP ... Named her team's MVP her sophomore, junior and senior seasons ... Awarded athlete of the year honors for 2011-12 ... Named the female athlete of the spring season in 2011 and 2012 ... Finished 11th in the 2011 Colorado state championships in the 400 meters and 12th in the 800 meters ... Also played basketball and soccer and was an all-conference selection in basketball in 2011 and 2012.

Personal: Born Aug. 3, 1994, in Denver ... Daughter of Jim and Joetta Fischer ... Her uncle, John Cruiser, played basketball at Illinois State.

Personal Bests

1,500 meters - 4:32.49
Mile - 5:02.61
3,000 meters - 9:45.16
5,000 meters - 16:50.17

Honors and Awards

2009 Second-Team Academic All-Big 12 (Cross Country)
2010 First-Team Academic All-Big 12 (Cross Country)
2011 First-Team Academic All-Big 12 (Cross Country)

2012 Outdoors: Placed 10th in the 5,000 meter run at the Big 12 Championships after running a 17:03.88 ... Clocked a personal best in the 5,000 meters of 16:50.17 at the Stanford Invitational, where she placed ninth ... Ran a personal record in the 1,500 meters when she recorded a 4:32.49 at the Arkansas Twilight Meet to place seventh ... Ran a 4:37.59 in the 1,500 meters at the Jonh McDonnell Invitational ... Placed third in the 3,000 meters after running a 10:20.69 at the season-opening Tulsa Duels.

2012 Indoors: Did not compete.

2011 Cross Country: Ran in all six events during the Cowgirls' 2011 season ... Placed 26th at the Midwest Regional, completing the 6,000-meter race in 21:46.75 ... Recorded a 33rd-place finish at the Big 12 Championships, posting a season-best time of 20:55.4 in the 6,000 meters ... Ran a 21:47.9 at the NCAA Championships to finish as the Cowgirls' third scoring runner ... Began the year with a 10th-place finish at the two-mile Hurricane Festival, completing the race in 11:33 ... Came in 16th at the Cowboy Jamboree, completing the 5,000 meters in 17:55.57, which is the 25th-best 5K time in OSU history ... Placed 26th at the Chile Pepper Festival with a time of 21:14.1 in the 6,000-meter race.

2011 Outdoors: Ran one event for the Cowgirls, competing in the 5,000 meters at the Stanford Invitational.

2011 Indoors: Posted a personal best in the mile run at the Razorback Invitational with a time of 5:02.61 ... Notched a personal in the 3,000 meters with a time of 9:45.16 in the Big 12 Championships ... Ran a 9:45.97 in the 3,000 meters at the Husky Classic.

2010 Cross Country: Began the season by finishing fourth in the Cowboy Jamboree 6,000 meters with a time of 21:31.69 ... finished 19th at the Big 12 Championships in the 6,000 meters ... Set her personal best in the 6,000 meters at the NCAA Regional, where she posted a time of 20:46.88 to finish 21st ... Finished the 6,000 meters in 21:42 at the NCAA Championships.

2010 Outdoors: Did not compete.

2010 Indoors: Did not compete.

2009 Cross Country: Second-team Academic All-Big 12 honoree who was active during the cross country slate, competing in five meets for the Cowgirls ... Placed 43rd at the Big 12 Championships in 23:00 and was 27th at the NCAA Midwest Regional Championships in 21:41 ... Took 32nd at the Chile Pepper Festival in 21:57 ... Was fifth at the two-mile Hurricane Festival in 11:23 and placed 32nd at the Cowboy Jamboree in 18:14.

2009 Outdoors: Ran three races during the outdoor season, posting a 4:47.04 in the 1,500 meters at the John Jacobs Invitational, a 17:09.52 in the 5,000 meters at the Mt. SAC Relays and a 17:13.87 in the 5,000 meters at the UTA Bobby Lane Invitational.

2009 Indoors: Ran a pair of races as a true freshman, recording a 10:11.23 in the 3,000 meters to place 31st at the Big 12 Championships and a 5:17.88 in the mile at the Kansas State Invitational.

2008 Cross Country: One of Oklahoma State's regulars as a true freshman ... Competed in six races on the year ... Season-best 6,000 meter time was a 22:07.4 at the NCAA Pre-Nationals that was good for a 124th-place finish in the race ... Took 48th at the Big 12 Championships with a 22:41.40 and was 92nd at the NCAA Midwest Regional Championship with a 22:11.60 ... Her 22:19 was good for a 32nd-place finish at the Cowboy Jamboree ... Was clocked at 23:02 at the Iowa State Open, where she placed 17th ... Led the Cowgirls with an 11:56 that was good for a ninth-place finish at the two-mile Hurricane Cross Country Festival.

High School: Was the Nova Scotia Junior Provincial Cross Country Champion as a senior and the Nova Scotia Provincial Champion in the 1500m as a junior... Also played volleyball for her high school... Chose Oklahoma State over Oregon, Michigan, Windsor (Ontario) and Dalhousie (Nova Scotia).

Personal Bests

400 meters - 57.8
800 meters - 2:10.75
1,000 meters - 2:49.50
1,500 meters - 4:22.87

Big 12 Champion

2011 Indoor Distance Medley Relay
2012 Indoor Distance Medley Relay

Oklahoma State School Record Holder

Distance Medley Relay - 11:04.59

All-Big 12 (Scored at Conference Meet)

2011 Indoor Distance Medley Relay
2012 Indoor Distance Medley Relay
2012 Indoor 1,000 meters
2012 Outdoor 1,500 meters

Honors and Awards

2011 USTFCCCA All-Academic Team (Track and Field)
2011 First-Team Academic All-Big 12 (Cross Country)
2012 USTFCCCA All-Academic Team (Track and Field)
2012 First-Team Academic All-Big 12 (Track and Field)

2012 Outdoors: NCAA West Preliminary Rounds qualifier in the 1,500 meters, but did not advance to the NCAA Championships after placing 11th in her heat in the regional race ... An All-Big 12 honoree in the 1,500 meters after placing fifth at the conference meet ... Hit a 1,500-meter personal best when she ran a 4:22.87 at the Payton Jordan Invitational ... That mark is good for seventh in Oklahoma State history ... Ran a solid 4:24.97 at the Stanford Invitational ... Competed in the 800 meters three times during the season, highlighted by a personal-best 2:10.75 at the Stanford Invitational that was good for 10th all-time at Oklahoma State.

2012 Indoors: Took home top honors at the Big 12 Championships in the distance medley relay after running a time of 11:19.42 ... Finished fourth in the conference in the 1,000 meters with a personal best time of 2:49.50 at the Big 12 Championships ... That time is good for third-best in school history ... Recorded a time of 2:50.86 in the preliminary heats at Big 12s ... Placed fifth at the Tyson Invitational, running the 800 meters in 2:13.23.

2011 Cross Country: Raced in all six events for the Cowgirls in 2011 ... Placed 30th at the Midwest Regional, running a 22:02.19 in the 6,000 meters ... Placed 35th at the Big 12 Championships, posting a season-best 6,000 meter time of 20:56.3 ... Ran a 22:34.9 at the 6,000-meter NCAA Championships ... Placed 12th at the Hurricane Festival, recording a two-mile time of 11:40, the 24th-best two-mile time in OSU history ... Came in 37th at the Cowboy Jamboree, running the 5,000 meters in 18:22.94 ... Placed 49th at the 6,000-meter Chile Pepper Festival, running a 21:50.2.

2011 Outdoors: Ran a 4:33.34 in the 1,500 meters during the preliminary round of the Big 12 Outdoor Championships ... Earned USTFCCCA all-academic honors ... Season-best 1,500m time was a 4:29.68 at the Arkansas Twilight meet ... Ran the 800 meters at three different meets, logging a season-best time of 2:11.35 at the Mt. SAC Relays ... Other 800 meter times were a 2:13.26 at the Razorback Invitational and a 2:19.80 at the John McDonnell Invitational.

2011 Indoors: Earned the title of Big 12 Champion as part of the Cowgirl distance medley relay squad that won the conference crown in 11:09.67 ... Set a season-best in the 800 meters with a 2:11.06 at the Razorback Invitational ... Just missed out on earning a spot in the Big 12 finals in the 800 meters when she placed 10th in her qualifying heat at the conference meet in 2:11.40 ... Other 800-meter times were a 2:14.80 at the Kansas State Invitational and a 2:19.29 at the Husky Classic.

2010 Cross Country: Suited up for a pair of races, placing 40th at the 6,000 meter Cowboy Jamboree in 23:33.86 and taking 118th at the 5,000 meter Chile Pepper Festival in 18:59.11.

High School: Attended Sacred Heart Catholic HS in Newmarket, Ontario, Canada, where she was coached by Gord Kinahan and Hugh Cameron ... Named female athlete of the year as a junior and again as a senior ... Canadian youth 800 meter champion ... Provincial medalist in the 800 meters four years in a row ... Member of the provincial cross country championship team two years ... Ran as part of the 4x800 meter relay team that holds national midget, youth and junior records ... Honor student all four years ... Athletic council president and member of the improv team.

Personal: Caileigh Glenn was born December 8, 1992 in Brampton, Ontario, Canada ... Daughter of John and Cathie Glenn ... A competitive Irish dancer for 13 years ... Ran a 4:30.05 in the 1,500 meters at the Runners Choice London Distance Series in London, Ontario.

Personal Bests

Shot put - 14.55m/47-09.00
Discus throw - 48.91m/160-05.6

Honors and Awards

2011 USTFCCCA All-Academic Team (Track and Field)
2011 First-Team Academic All-Big 12 (Track and Field)
2012 First-Team Academic All-Big 12 (Track and Field)

2012 Outdoors: Competed in the shot put and discus on a regular basis, compiling 12 total results during the season ... Set a personal best in the shot put with a toss of 14.55 meters/47-09 at the Big 12 Championships ... That mark ranks fourth all-time at OSU ... Placed first in the shot put at the Arkansas Twilight after recording a throw of 14.19 meters/46-06.75 ... Set her season best in the discus throw of 48.38 meters/158-09 at the Arkansas

Twilight, where she placed third ... Placed first in the discus at the John Jacobs Invitational after recording a heave of 45.76 meters/150-01 ... Placed in the top 10 in 10 of her 12 events during the season and placed in the top five seven times.

2012 Indoors: Earned her way into the fifth spot in the Oklahoma State record books with a shot put of 14.12 meters/46-04 at the Tyson Invitational ... Finished 14th at the Big 12 Championships with a throw of 13.77 meters/45-02.25 in the shot put ... Placed second at the JD Martin Invitational with a shot put of 13.32 meters/43-07 ... Earned a second place finish at the KSU Invitational in the shot put with a heave of 13.06 meters/42-10.25 ... Had a shot put of 13.13 meters/43-01 at the KSU All-Comers Meet to take third place in the event ... Posted a throw of 12.31 meters/40-04.75 at the OU Invitational to finish in 11th in the shot put.

2011 Cross Country: Did not compete.

2011 Outdoors: Claimed the No. 3 spot on the Oklahoma State all-time discus list when she recorded a toss of 48.91 meters at the Ward Haylett Invitational ... First-team academic all-Big 12 and USTFCCCA all-academic honoree ... Recorded a discus throw of 47.02 meters/154-03 during the Big 12 Outdoor Championships to finish in 12th place ... Finished in 43rd place of the NCAA West Preliminary Rounds after a throw of 43.98 meters/144-03 in the first round ... Other highlighted marks in the discus included heaves of 47.06 meters/154-07 at the John Jacobs Invitational, 45.31 meters/148-08 at the Tulsa Duels and 44.55 meters/146-02 at the Tailwind Invitational ... Competed in the shot put twice, logging marks of 12.74 meters/41-09.5 at the Tailwind Invitational and 12.34 meters/40-05.75 at the Tulsa Duels.

2011 Indoors: A regular in the Cowgirl lineup who competed exclusively in the shot put at seven different meets ... Season-best mark was 13.25 meters/43-05.75 at the J.D. Martin Invitational ... Placed 23rd in the shot put at the Big 12 Championships with a mark of 12.75 meters/41-09 ... Other marks were 12.48 meters/40-11.25 at the Sooner Invitational, 12.11 meters/39-08.75 at the Kansas State Invitational, 11.78 meters/38-07.75 at the Kansas State All-Comers meet, 11.27 meters/36-11.75 at the Tyson Invitational and 10.61 meters/34-09.75 at the Razorback Invitational.

2010 Cross Country: Did not compete.

2010 Outdoors: Did not compete.

2010 Indoors: Did not compete.

2009 Cross Country: Did not compete.

High School: Attended Pella HS in Pella, Iowa, where she was coached by Dak Rasmussen ... Three-time shot put state champion ... 2009 Drake Relays shot put champion ... Three-time member of the all-state team and the elite all-state team ... Two-time state discus runner-up ... Recipient of the Bernie Sagau Sports Award ... Also starred for the Pella basketball team, earning first-team all-state honors by the coaches association and second-team all-state recognition by the *Des Moines Register* ... A first-team all-conference, all-region and all-district basketball player ... Was the captain of the Marion County team ... Academic all-state honoree in both track and field and basketball ... Member of the National Honor Society and the Pella HS honor roll ... Also played volleyball and soccer ... Participated with the S.W.A.T. youth group.

Personal: Brooke Ann Gritters was born Nov. 14, 1990 in Des Moines, Iowa ... Daughter of Mike and Laurie Haynes and Mark Gritters.

Personal Bests
1,500 meters - 4:45.36
3,000 meters - 10:29.73
5,000 meters - 17:41.25

2012 Outdoors: Did not compete.

2012 Indoors: Did not compete.

2011 Cross Country: Ran once for the Cowgirls, placing 34th at the Cowboy Jamboree, as she completed the 5,000 meters in 18:21.57.

2011 Outdoors: Set a personal best in the 5,000 meters during the Big 12 Outdoor Championships with a time of 17:41.25 to finish in 24th place ... Posted a personal best in the 3,000 meters at the Tulsa Duels with a time of 10:29.73 ... Ran a 4:53.63 in the 1,500 meters preliminary round at the Big 12 Outdoor Championships to finish 19th ... Ran a personal-best 4:45.36 in the 1,500 meters at the Arkansas Twilight.

2011 Indoor: Did not compete.

2010 Cross Country: Finished 71st in the Chile Pepper invitational, running the 5,000 meters in 18:33.02.

High School: Attended Pine Creek HS in Colorado Springs, Colo., where she was coached by Max Oliver ... All-region honoree and Oak Grove MVP in both cross country and track and field ... Pine Creek's Eagle award winner ... Placed fifth in the 1,500 meters at the USA Track and Field Junior Olympics ... Academic all-state in both cross country and track and field ... Member of the National Honor Society and dean's list ... Graduated with honors ... Executive officer of Project Green.

Personal: Ruth-Anne Hadjis was born May 26, 1992 in Fort Stewart, Ga. ... Daughter of John and Marcia Hadjis.

Personal Bests

1,500 meters - 4:30.18

Mile - 5:00.07

3,000 meters - 9:45.51

5,000 meters - 16:51.95

Honors and Awards

2011 First-Team Academic All-Big 12 (Track and Field)

2012 First-Team Academic All-Big 12 (Track and Field)

2012 Outdoors: Placed 12th in the 5,000 meters at the Big 12 Championships after running a 17:10.37 ... Ran a season best 5K time of 16:53.50 at the Stanford Invitational ... Clocked her season-best 1,500-meter time of 4:32.54 at the Arkansas Twilight to place eighth ... Other 1,500 meter times were 4:40.80 at the Tulsa Duels and 4:44.92 at the John McDonnell Invitational.

2012 Indoors: Clocked a new personal-best time of 5:00.07 in the 1 mile run at the Big 12 Championships preliminaries ... Competed in the 3,000 meters at the Big 12 Championships and ran a time of 9:57.21 to finish 22nd ... Finished 12th at the Tyson Invitational with a 1 mile run time of 5:04.94 ... Ran the 1 mile in 5:17.00 at the Razorback Invitational to finish in 15th.

2011 Cross Country: Ran once for the Cowgirls, placing 34th at the Cowboy Jamboree, as she completed the 5,000 meters in 18:21.57.

2011 Outdoors: Set a personal best in the 1,500 meters during the Arkansas Twilight with a time of 4:30.18 ... Set a new personal best in the 5,000 meters with a time of 16:51.95 at the Stanford Invitational, surpassing her previous best by more than six seconds ... Placed 17th in the 1,500 meters preliminary round at the Big 12 Outdoor Championships with a time of 4:36.94.

2011 Indoors: Ran the one mile in 5:04.91 during the Razorback invitational ... Established a new personal best in the 3,000 meters when she ran a 9:45.51 during the Big 12 Championships.

2010 Cross Country: Finished 12th in the 6,000 meter Cowboy Jamboree ... Ran the two miles at the Hurricane Invitational in 11:19 to finish 10th ... Finished 49th in the Big 12 Championship in the 6,000 meters ... Set a personal best in the 6,000 meters during the NCAA Regional by finishing in 21:32.63.

2010 Outdoors: Ran a 16:58.07 in the 5,000 meters to place 19th at the Big 12 Championships ... Competed at the NCAA West Regional Preliminary Rounds as well, clocking a 17:28.02 to place 31st ... Was timed at 17:25.74 at the Stanford Invitational ... Was a regular among the Cowgirl 1,500 meter runners, logging a season-best 4:31.14 to place 15th in the preliminary rounds of the Big 12 Championships ... Other 1,500 meter times included a 4:34.68 at the John McDonnell Invitational, a 4:35.67 at the Arkansas Twilight Meet and a 4:54.54 at the Tulsa Duels ... Ran the 3,000 meters in 10:08.51 at the John Jacobs Invitational.

2010 Indoors: Ran the 3,000 meters in 9:54.56 at the Big 12 Championships to place 25th ... Made her Oklahoma State debut at the Tyson Invitational, where she ran the 3,000 meters in 9:59.45.

2009 Cross Country: Did not compete.

High School: Cross Country women's MVP each year from 2005-08 ... OSFAD 3,000 meter champion in 2009 ... Track women's MVP from 2006-09 ... Named most athletic female in 2007 and 2009...Member of the honor roll from 2005-09...Member of Toronto Olympic Club 2005-09 and a member of Oshawa Aquatic Club 2005-2007.

Personal: Born May 16, 1991 in Ajax, Canada...Parents' names are Deborah and Paul Hanna.

Personal Bests

Long Jump- 5.80m/19-00.5

100m Hurdles- 14.79

300m Hurdles- 44.39

High School: Attended Hightower HS in Missouri City, Texas, where she was coached by Andy Graham ... Was the team's high scorer ... High school personal bests included a 19-foot mark in the long jump, a 14.79 in the 100 meter hurdles and a 44.39 in the 300 meter hurdles ... Winner of the team's Mighty Hurricane Award ... Also played volleyball and was a cheerleader ... Member of the National Honor Society and the Future Business Leaders of America & Youth Expanding Services group.

Personal: Jordan Highsmith was born Jan. 10, 1994 in Houston, Texas ... Daughter of Alonzo and Denise Highsmith ... Comes from an athletic family, with her father a former NFL running back and both of her brothers, A.J. (Miami) and Alonzo (Arkansas) college football players.

Personal Bests

600 meters - 1:32
800 meters - 2:11
1,000 meters - 2:52.28
1,500 meters - 4:29

2012 Outdoors: Suited up twice for the Cowgirls during the outdoor season ... Placed third in the 800 meters at the Tulsa Duels after running a 2:18.74 ... Ran a 4:36.50 in the 1,500 meters at the Stanford Invitational.

2012 Indoors: Placed 10th in the 1,000 meter run preliminary heats after turning in a time of 2:55.70 at the Big 12 Championships ... Ran a season-best 2:55.19 in the 1,000 meters at the KSU All-Comers Meet to come away with first place ... Posted a fifth-place finish in the 800 meters with a time of 2:13.96 at the Razorback Invitational ... Finished the 800 meters in 2:15.82 at the Tyson Invitational to place 13th.

2011 Cross Country: Placed 55th at the Big 12 Championships, turning in a season-best performance in the 6,000 meters with a time of 21:28.4 ... Came in 19th at the season-opening Hurricane Festival, running an 11:57 in the two-mile event ... Finished in 61st place at the Cowboy Jamboree after running the 5,000 meters in 18:48.28 ... Recorded an 88th-place finish at the Chile Pepper Festival with a time of 22:27.6.

Prior to OSU: Won multiple medals in cross country, as well as indoor and outdoor track ... Won top honors for athletic and study background ... Also participated in basketball and cross country skiing.

Personal: Born in Beroun, Czech Republic on March 16, 1991 ... Daughter of Jitka and Jan Hoffmann ... Comes from an athletic family where her father played soccer, brother was a downhill skier, and her mother participated in multiple sports.

Personal Bests

60 meter dash - 8.26
600 yard run - 1:35.40
800 meter - 2:53.39
60 meter hurdles - 9.27
High jump - 1.52m/4-11.75
Long jump - 5.14m/16.10.50

2012 Outdoors: Did not compete.

2012 Indoors: A staple in the indoors lineup, Johnson competed in eight different events throughout the indoor season ... Placed 13th in the pentathlon at the Razorback Invitational with 3,086 points for a mark that ranks third in OSU history ... Ran the 600 yards in 1:36.97 to finish sixth and posted a 60 meter hurdles time of 9:30 to finish eighth at the KSU Invitational ... Her effort in the hurdles ranks as the seventh-fastest time in OSU history ... Finished seventh in the long jump at the KSU All-Comers Meet with a jump of 5.12 meters ... Had a long jump of 4.88 meters at the JD Martin Invitational to place 12th.

High School: Qualified for the state championship in track all four years of high school ... District 26-4A record-holder for the 300 meter hurdles ... Named all-district and all-region in basketball ... Voted team MVP in basketball.

Personal: Born Jan. 18, 1993 in Austin, Texas ... Daughter of Blaine and Marilyn Johnson ... Father played baseball at Sam Houston State ... Mother swam at Lamar University ... Brother, Taylor, plays baseball at St. Edward's University.

Personal Bests

800 meters - 2:13
1,500 meters - 4:28.57
3,000 meters - 9:42.43
5,000 meters - 16:47.59

All-Big 12

2011 Cross Country
2012 Outdoor 5,000 Meters

All-Region

2011 Cross Country

2012 Outdoors: Set a personal record in the 1,500 meters when she ran a 4:28.57 at the Arkansas Twilight ... Earned all-Big 12 recognition after placing seventh in the 5,000 meters at the conference meet, where she recorded a personal-best time of 16:47.59 ... Ran a 16:52.93 in the 5,000 meters at the Stanford Invitational ... Other 1,500 meter times were 4:31.10 at the John McDonnell Invitational and 4:32.97 at the Big 12 Championships.

2012 Indoors: Did not compete.

2011 Cross Country: Competed in all six events during the season for OSU ... Earned all-Big 12 accolades after placing 15th at the Big 12 Championships ... Her time of 20:21.3 is the second-best 6,000 meter time in OSU history ... Placed 25th at the Midwest Regional to earn all-region recognition after completing the 6,000 meters in 21:45.43 ... Finished the 6K at the NCAA Championships in 21:43.5 to come in as the Cowgirls' second scored finisher ... Was the Cowgirls' top finisher at the Hurricane Festival, placing second with a time of 11:18 ... That time is the seventh-best two-mile time in school history ... Placed 22nd at the Cowboy Jamboree, posting a time of 18:06.17 ... Came in 23rd at the Chile Pepper Festival after recording a 6,000-meter time of 21:10.0.

Prior to OSU: Coached by her mother, Inga, in high school ... Twice earned the title of Lithuanian Champion ... won the Lithuanian Junior Championship three times ... Placed third in the Baltic Sea Championships ... Participated in sport club Begimas.

Personal: Born Oct. 3, 1991 in Kaunas, Lithuania ... Daughter of Raimundas and Inga ... Mother was a two-time Olympian, competing in Athens and Sydney in the marathon and 20,000 meters.

Personal Bests

800 meters - 2:18.1
1,500 meters - 4:22.60
Mile - 4:48.72
3,000 meters - 9:58.28
3,000m steeplechase - 10:25.01

All-American

2012 Outdoor 3,000 meter steeplechase (Third Team; 18th place)

Big 12 Champion

2012 Indoor Distance Medley Relay

All-Big 12 (Scored at conference meet)

2012 Indoor Distance Medley Relay
2012 Indoor 1 Mile Run
2012 Outdoor 3,000 meter steeplechase

Honors and Awards

2010 First-Team Academic All-Big 12 (Cross Country)
2011 First-Team Academic All-Big 12 (Cross Country)
2012 USTFCCCA All-Academic Team (Track and Field)
2012 First-Team Academic All-Big 12 (Track and Field)

2012 Outdoors: Earned third-team All-America recognition after placing 18th in the 3,000 meter steeplechase at the NCAA Championships ... Clocked a 10:34.47 in a race that she entered seeded last of 24 competitors, yet finished 18th ... Placed fifth in her heat at the NCAA West Regional with a personal-best 10:25.01 ... That time is fifth in Oklahoma State history ... Big 12 runner-up in the 3,000 meter steeplechase ... Clocked a 10:27.15 at the Stanford Invitational ... Competed in the 1,500 meters at a pair of meets, highlighted by a personal-best 4:22.60 at the Payton Jordan Invitational that ranks her sixth all-time at OSU.

2012 Indoors: Earned a Big 12 Championship in the distance medley relay with a time of 11:19.42 ... That time stands as third-best in OSU history ... Finished fifth at the Big 12 Championships in the mile with a time of 5:00.20 ... Clocked a personal best of 4:48.72 in the conference preliminary round that put her 10th in the OSU all-time indoor record books ... Ran the mile in 4:53.95 to finish fourth in the Razorback Invitational ... Bested the field at the KSU Invitational in the mile with a time of 5:04.55 to win the event ... Came in at 5:02.12 to finish 11th at the Tyson Invitational.

2011 Cross Country: Competed in all six events for the Cowgirls during 2011 ... Placed 19th at the Big 12 Championships behind a 20:27.8 effort in the 6,000-meter race ... That time stands as the sixth-best in OSU history ... Came in 33rd at the Midwest Regional after posting a time of 22:06.76 ... Clocked a 22:16.0 at the NCAA Championships ... Started the season by placing fifth at the two-mile Hurricane Festival in 11:21 ... Finished 14th at the Cowboy Jamboree after clocking a 17:52.77, the 24th-best 5,000 meter time in school history ... Came in 43rd at the Chile Pepper Festival, completing the 6,000 meters in 21:45.9.

2011 Outdoors: Did not compete.

2011 Indoors: Did not compete.

2010 Cross Country: Only Cowgirl to run in all six events ... Finished third in the two miles at the Hurricane Invitational with a time of 11:05 ... Finished ninth at the Cowboy Jamboree 6,000 meters with a time of 21:56.25 ... Ran the 6,000 meters in 21:32.31 at the Big 12 Championships to finish in 32nd place ... Set a season best in the 6,000 meters at the NCAA Regional with a time of 21:22.00 ... Ran the 6,000 meters in 23:04 at the NCAA Championships.

2010 Outdoors: Ran the 5,000 meters in 17:57.99 at the Big 12 Championships to place 31st ... The bulk of her action came at 1,500 meters, where she set a season best of 4:36.77 in the preliminary heats of the Big 12 Championships to place 18th ... Other 1,500 meter times included a 4:44.15 at the John McDonnell Invitational, a 4:46.32 at the Stanford Invitational, a 4:54.09 at the Arkansas Twilight Meet and a 5:15.72 at the Tulsa Duels ... Ran the 3,000 meters in 10:27.88 at the John Jacobs Invitational.

2010 Indoors: Placed 37th in the 3,000 meters at the Big 12 Championships in 10:15.74 ... Also competed in the mile at the conference meet, placing 12th in the preliminary heats with a season-best time of 5:00.88 ... Other mile times included a 5:04.96 at the Tyson Invitational, a 5:13.48 at the Razorback Invitational and a 5:22.54 at the Wichita State Invitational ... Competed in the 1,000 meters at the Sooner Open, clocking a 3:03.95 ... Ran as part of OSU's distance medley relay team that finished in 12:20.67 at the Razorback Invitational.

2009 Cross Country: Suited up for one cross country race, clocking an 11:25 at the two-mile Hurricane Festival to place sixth.

High School: Attended Campbell Collegiate in Regina, Saskatchewan, Canada, where she was tabbed as the top female in track and cross country ... Provincial aggregate award for track ... City aggregate award for track ... Student council president and member of the environmental club ... Also competed in hockey.

Personal: Born Sept. 23, 1991 in Regina, Canada ... Parents' names are Pamela and Kim Kujawa.

Personal Bests

800 meters - 2:13
1,600 meters - 4:58
3,200 meters - 10:57

High School: A member of the 2011 Ohio state champion 4x800 meter relay team ... Regional qualifier in the 4x800 meter in 2009-12 ... Also a regional qualifier in the 1,600 meters and 3,200 meters in 2011 and 2012 ... GMC 1,600-meter champion in 2011 and 2012 ... Named first-team all-league in 2009-12 in track, and named to the all-Ohio team in 2009, 2011 and 2012 ... Helped lead her cross country team to a runner-up finish in 2010 ... Finished as the cross country district champion in 2010 and 2011 ... Named to the all-Ohio team in cross country in 2008, '10 and '11 ... Also named first-team all-league in cross country in 2008, '10 and '11 ... Won the GMC conference championship in 2010 ... Voted team MVP in 2010 and 2011 ... Served as the team captain in 2011 ... Named to the academic all-Ohio team in 2009-11 ... An academic letterwinner.

Personal: Monica Lake was born Oct. 4, 1993, in Lakewood, Ohio ... Daughter of Alan and Lynn Lake.

Personal Bests

200 meters - 25.16
400 meters - 55.73

High School: A four-year letterwinner in track and three-year letterwinner in cross country ... Earned All-Continental League honors in the 400 meters and sprint medley as a senior ... Placed third in the 400 meters and third in the sprint relay at the state meet in 2012 ... Named to the all-league team in the 400 meters and the 4x400 meter relay her junior year ... Placed third at the state meet in the 400 meters, fifth in the 4x400 and seventh in the 200 meters in 2011 ... Finished seventh in the 200 meters at the state meet ... A Women's Sports Day Luncheon nominee ... Named the Academic Athlete of the Month ... A member of National Honor Society and Spanish Honor Society ... An academic letterwinner.

Personal: Amanda Lark was born Aug. 25, 1994, in Baltimore, Md. ... Daughter of Chris and Jenny Lark ... Father played football at Towson University ... Mother was an all-state performer in the 400 meters.

Personal Bests

1,500 Meters - 4:57.74
Mile - 5:06
3,000 Meters - 10:11.65
5,000 Meters - 18:06

2012 Outdoors: Ran a personal record in the 1,500 meters of 4:57.74 at the John McDonnell Invitational ... Ran a season-best 10:36.62 in the 3,000 meters at the Tulsa Duels, where she placed seventh ... Ran a 10:54.26 in the 3,000 meters at the Arkansas Twilight.

2012 Indoors: Ran the mile in 5:20.80 at the KSU Invitational to finish 10th ... Competed in the 3,000 meters at the Razorback Invitational and finished 19th after a time of 10:11.65.

2011 Cross Country: Placed 48th at the Big 12 Championships, posting a season-best 6,000 meter time of 21:17.3 ... Came in 21st place at the Hurricane Festival after completing the two-mile race in 12:17 ... Finished 43rd at the 5,000-meter Cowboy Jamboree with a time of 18:29.61 ... Ran a 22:02.1 at the Chile Pepper Festival to place 22:02.1.

High School: Received the Newcomer of the Year Award in high school ... Was voted team MVP at Flower Mound High School ... Also played basketball and earned all-offensive player award ... Was a member of the Honor Society.

Personal: Born April 18, 1993 in Dallas ... Daughter of Lauren and Jeff Light.

Personal Bests

800 meters - 2:17
1,500 meters - 4:36.17
3,000 meters - 9:55.18
5,000 meters - 16:58.37

2012 Outdoors: Recorded a new personal best in the 5,000 meters when she clocked a 16:58.37 at the Stanford Invitational ... Also set a new personal record in the 1,500 meters when she ran 4:36.17 at the John McDonnell Invitational ... Other 1,500 meter times include 4:39.56 at the Big 12 Championships and 4:43.85 at the season-opening Tulsa Duels.

2012 Indoors: Clocked in with a season-best 5:04.41 in the mile in the preliminaries at the Big 12 Championships ... Finished 20th in the 3,000 meters at the conference championships with a time of 9:55.18 ... Recorded times of 5:13.61 at the KSU Invitational and 5:22.98 at the KSU All-Comers Meet in the mile.

2011 Cross Country: Did not compete.

High School: An all-conference and all-region performer in cross country all four years of high school ... Earned all-state recognition three times ... Was an MVP all four years in cross country and the track MVP in 2010 ... Named all-state performer in track all four years of high school ... A scholar athlete in 2011 ... Was her schools Valedictorian ... She was a National Hispanic Scholar and a member of the National Honor Society ... A member of Key Club and Student Council.

Personal: Born Feb. 2, 1993 in Denver ... Daughter of Patricia and Matthew Martinez ... Also played tennis in high school.

Personal Bests

800 meters - 2:27
Mile - 5:27

High School: Attended William P. Clements HS in Houston, Texas, where she was coached by Brett Sniffin ... Personal best marks from high school included a 12:20 in cross country, a 2:27 800 meters and a 5:27 mile ... Three-time regional qualifier in cross country and competed at regionals in track and field as well ... Participated in Habitat for Humanity, the Second Mile ministry and a mission trip to New Orleans ... Involved with her chruch youth group and bible study.

Personal: Erin Megna was born April 8, 1993 in Sugar Land, Texas ... Daughter of Jeanne and Jeff Megna.

Personal Bests

Discus - 42.52m/139-06
Shot Put - 11.20m/36-09

2012 Outdoors: Set a season-best effort in the discus throw of 40.37 meters/132-05 at the John McDonnell Invitational, where she placed seventh ... Placed sixth in the discus at the Arkansas Twilight after recording a heave of 39.95 meters/131-01 ... Other discus marks include 39.78 meters at the John Jacobs Invitational, 36.51 meters at the Don Kirby Invitational and 36.16 meters at the Tulsa Duels.

2012 Indoors: Competed in one event for the Cowgirls in the indoor season ... posted a throw of 8.92 meters/29-03.25 in the shot put at the KSU All-Comers Meet to finish 23rd.

High School: In discus, placed sixth at state in sophomore year and placed third at state in junior year ... Placed second at state and was named all-city in discus her senior year when her school won overall state championship ... placed third in state her junior year and sixth her sophomore year.

Personal: Born on March 29, 1993, in Edmond, Okla. ... Daughter of Claudia and Wade Moseley... Also played basketball in high school ... Father played football for the University of Central Oklahoma.

Personal Bests

100 meters - 11.97
200 meters - 24.66
400 meters - 55.05
800 meters - 2:13.40

High School: Placed in the top two 16 times at the Nebraska state championship meet, including seven individual state titles (400m: '09, '10, '11, '12; 200m: '11, '12; 100m: '12), three state relay titles (4x400m: '10, '11, '12), four individual runner up finishes (200m: '09, '10, 100m: '10, '11) and 2 relay runner up finishes (4x400m: '09, 4x100m: '09) ... Holds the Nebraska state record for the 400 meters (55.05) ... Ranked nationally as the No. 19 returning senior in the 400 meters ... Named an all-state track and field athlete in 2009-12 ... Voted team MVP in 2009-11 ... Holds top 10 times in Nebraska records for 400 meters, 4x400 meter relay, 100 meters, 200 meters and 4x100 meter relay ... Named Most Improved Cornhusker Flyer in 2009 ... Won the Kansas Relays 400 meter championship in 2011 ... Named to the all-state academic track and field team in 2010-12 and the all-district academic team in 2011 ... An honor roll student and AP Scholar ... Also competed in volleyball and basketball as an underclassman.

Personal: Clara Nichols was born Dec. 28, 1993, in Rochester, N.Y. ... Daughter of Mary and Marty Nichols ... Mother played basketball at Damen College ... Volunteered with A Better Future for Today, an anti-bullying organization.

Personal Bests

1,600 meters - 4:56
3,200 meters - 10:33
5,000 meters - 17:15

High School: Attended Blue Springs South HS in Blue Springs, Mo., where she was coached by Ryan Unruh ... Two-time state cross country champion and All-American (2010 and 2011) ... Added state titles in the track and field 1,600 meters and 3,200 meters her senior year ... Racked up 12 all-state honors during her prep career ... Personal best times from high school include a 17:15 in the 5,000 meters, a 4:56 in the 1,600 meters and a 10:33 in the 3,200 meters.

Personal: Samantha Nightingale was born Oct. 4, 1993 in Seneca, Kan. ... Daughter of Kathy Nightingale and Robert Teller.

Personal Bests

1,500 meters - 4:44.03
5,000 meters - 17:47

2012 Outdoors: Completed the 1,500 meters in 4:44.03 at the Arkansas Twilight to place 12th and establish a new personal best ... Ran a 4:49.44 in the preliminary 1,500 meter race at the Big 12 Championships ... Placed fourth in the 1,500 meters at the John Jacobs Invitational after running a 4:51.93 ... Other 1,500 meter times include 4:54.37 at the John McDonnell Invitational and 4:58.51 at the Tulsa Duels.

2012 Indoors: Competed in the mile at two events during the indoor season ... Posted a time of 5:30.22 at the Oklahoma Invitational to finish fifth ... Ran the mile in 5:30.67 at the KSU Invitational to place 15th.

2011 Cross Country: Did not compete.

High School: Was a two-time All-American, seven-time all-district and 11-time all-district honoree ... Part of five state champion teams ... Named all-conference 10 times ... Participated in FCA and the International Club.

Personal: Born Feb. 21, 1993 in Gainesville, Fla. ... Daughter of Ray and Nancy Phoebus.

Personal Bests

400 meters - 55.94
800 meters - 2:02.12
1,500 meters - 4:09.51
Mile - 4:39.39
400 meter hurdles - 1:00.37

All-American

2011 Indoor Distance Medley Relay (First Team; Fifth Place)
2011 Indoor Mile (Second Team; 11th place)
2011 Outdoor 800 meters (First Team; Second place)
2012 Indoor 800 meters (First Team; Second place)
2012 Outdoor 1,500 meters (Second Team; 10th place)

Big 12 Champion

2011 Indoor 800 meters
2011 Indoor Distance Medley Relay
2011 Outdoor 800 Meters
2012 Indoor 800 Meters
2012 Indoor Distance Medley Relay
2012 Outdoor 800 meters

Oklahoma State School Record Holder

Indoor 800 meters - 2:03.46
Indoor Distance Medley Relay - 11:04.59
Outdoor 800 meters - 2:02.12
Outdoor 1,500 meters - 4:09.51
Cross Country 6,000 meters - 19:45.9

All-Big 12 (Scored at Conference Meet)

2011 Indoor 800 Meters
2011 Indoor Distance Medley Relay
2011 Outdoor 800 Meters
2011 Cross Country
2012 Indoor 800 Meters
2012 Indoor Distance Medley Relay
2012 Outdoor 800 meters

Honors and Awards

2010 Cross Country All-Midwest Region
2010 USTFCCCA All-Academic Team (Cross Country)
2011 Cross Country All-Midwest Region
2011 Second-Team Academic All-Big 12 (Cross Country)
2012 USTFCCCA All-Academic Team (Track and Field)
2012 First-Team Academic All-Big 12 (Track and Field)

2012 Outdoors: Earned second-team All-America honors after placing 10th in the 1,500 meters at the NCAA Championships ... Advanced to the final race after winning her heat in the semifinal race with a time of 4:12.55 ... Entered the NCAA Championships as the national leader in the 1,500 meters with a personal-best and school-record 4:09.51 that she ran at the Payton Jordan Invitational ... Won her heat in the preliminary 1,500 meter race at the West Regional after beating - among others - No. 2-ranked Katie Flood of Washington ... Piliusina's 4:09.51 was the seventh-fastest mark in the world at the time she ran it ... Not only did that mark lead the NCAA during the regular season, but it was more than two seconds faster than the second-best time and it set a new standard at OSU by more than three seconds ... Placed eighth in the 800 meters at the European Championships with a 2:06.59 ... Won her second-straight Big 12 outdoor title in the 800 meters (to match her two consecutive Big 12 indoor 800 meter crowns) ... Ranked 11th nationally and second in the Midwest Region in the 800 meters with a 2:04.01 that she clocked at the Stanford Invitational.

2012 Indoors: Notched a runner-up finish in the 800 meters at the NCAA Championships after clocking a 2:04.48 to earn first-team All-America recognition ... Won her second-straight 800 meter title at the Big 12 Championships, posting a time of 2:07.43 ... Also helped the distance medley relay team come from behind to win its second consecutive Big 12 Championship, as the team set the third-best DMR time in OSU history with an 11:19.24 ... Hit a new personal best in the 800 meters with a school-record 2:03.46 at the Alex Wilson Invitational ... That time led the nation during the regular season ... Ran an 4:46.84 in the mile to place seventh at the Razorback Invitational.

2011 Cross Country: Was the Cowgirls top finisher in all five events in which she competed ... Placed fourth at the conference meet to earn All-Big 12 honors after finishing the 6,000 meters in a school-record 19:45.9 ... Earned all-region recognition after coming in ninth at the Midwest Regional, completing the 6,000-meter race in 21:15.45 ... Led the Cowgirls with an 83rd place finish at the NCAA Championships, posting a time of 20:53.3 ... Finished fourth at the Cowboy Jamboree, clocking a 17:26.64, the 14th-best 5,000 meter time in OSU history ... Completed the 6,000 meters at the Chile Pepper Festival in 20:33.3 on her way to a 10th-place finish.

2011 Outdoors: NCAA runner-up in the 800 meters with a time of 2:02.16 at the NCAA Championships ... Set the school record earlier in the season with a 2:03.91 at the Payton Jordan Invitational ... Piliusina's 2:03.91 was the fastest regular-season time in the Big 12 by more than a full second before she went on to improve it at NCAAs ... Won the Big 12 800 meter title with a time of 2:05.75 ... Finished 12th in the 800 meters of the quarterfinal round of the NCAA West Preliminary Rounds with a time of 2:06.70 to advance to the NCAA Championships ... Ran the 800 meters in 2:05.84 at the John McDonnell Invitational ... Logged a 1,500 meter time of 4:20.63 at the Mt. SAC Relays for a mark that ranks fourth on the all-time Oklahoma State outdoor list.

2011 Indoors: Secured the first All-America honor of her career running as part of the Oklahoma State distance medley relay squad that placed fifth at the NCAA Championships with a school-record time of 11:04.59 ... A two-time Big 12 champion as a true freshman, winning the 800 meters in 2:08.47 and competing as part of the distance medley relay squad that won the conference title in 11:09.67 ... Set a season best when she ran the 800 meters in 2:05.86 at the Razorback Invitational ... Just missed out on earning a spot in the NCAA finals in the mile when she placed 11th at the NCAA prelims in 4:40.97 ... Best mile time of the season was a 4:39.39 at the Husky Classic, a mark that ranks third on the all-time Oklahoma State indoor list and ranked her No. 12 on the 2011 NCAA indoor list during the regular season.

2010 Cross Country: A very strong performer for the Cowgirls as a true freshman ... Member of the USTFCCCA all-academic team ... Earned all-region status by placing 16th at the 6,000 meter NCAA Midwest Regional in 20:35.51 ... Just missed out on all-Big 12 accolades by placing 16th at the 6,000 meter conference meet in 20:57.06 ... Was the first Cowgirl to cross the finish line at the NCAA Championships, placing 49th in 20:59 to lift OSU to a 17th-place finish at the meet, its best team finish since 2005 ... Fifth-place finisher at the 6,000 meter Cowboy Jamboree in 21:35.55 to help lead the Pokes to the team title at the meet ... Also helped lead the Cowgirls to the team championship at the 5,000 meter Chile Pepper Festival by placing 11th in 17:43.10.

Prior to OSU: Attended Azuolynas Gymnasium in Klaipeda, Lithuania ... Coached by Romas and Jolanta Berzinskai ... Lithuanian junior record holder in the 1,500 meters ... Won national titles at several different age groups ... Took fifth at the 2009 European under-20 championships in Novi Sad, Serbia ... Placed seventh in the 800 meters at the 2007 World Youth Championships and was eighth in the 800 meters at the World Youth Championships in 2008.

Personal: Natalja Piliusina was born October 22, 1990 in Klaipeda, Lithuania ... Daughter of Daiva and Aleksandr Piliusina.

AVEN SANDERS

DISTANCE - JR/JR/SR
HENNESSEY, OKLA./HENNESSEY

Personal Bests
1,500 meters - 5:48.08
5,000 meters - 23:20.62

2012 Outdoors: Ran once for OSU, clocking a 5:49.19 in the 1,500 meters at the John Jacobs Invitational, where she placed 13th.

2012 Indoors: Did not compete.

2011 Cross Country: Did not compete.

2011 Outdoors: Competed in one event during the regular season, registering a time of 5:52.84 in the 1,500 meters at the John Jacobs Invitational.

2011 Indoors: Did not compete.

2010 Cross Country: Ran the 5,000 meters at the Chile Pepper Festival and finished with a time of 23:20.62.

2010 Outdoors: Suited up for one meet, running the 1,500 meters in a personal-best 5:48.08 at the John Jacobs Invitational.

2010 Indoors: Did not compete.

2009 Cross Country: Did not compete.

High School: Attended Hennessey HS in Hennessey, Okla., where she was coached by Sheri McCulley ... Class Valedictorian and National Honor Society member ... Participated in the Fellowship of Christian Athletes and was a student council representative ... Also played basketball.

Personal: Aven Claire Sanders was born April 3, 1991 in Enid, Okla. ... Daughter of Patrick and Kristi Sanders.

JACY STEELMAN

SPRINTS/JUMPS - RFR/SO/SO
ERA, TEXAS/ERA

Personal Bests
200 meters - 25.30
400 meters - 58.2
Long Jump - 5.74m/18-10
Triple Jump - 11.56m/37-11

2012 Outdoors: Competed in the long jump and triple jump for OSU ... Her season-best long jump performance of 5.19 meters/17-00.50 came at the Stanford Invitational ... Recorded a season-best triple jump of 10.85 meters/35-07.25 at the John Jacobs Invitational, where she placed second ... placed eighth in the triple jump at the Arkansas Twilight with an effort of 10.75 meters/35-03.25.

2012 Indoors: Competed in both running and jumping events for the Cowgirls at four different meets ... Jumped to a 13th place finish at the Big 12 Championships in the long jump with a mark of 5.10 meters/16-08.75 ... Jumped a season-best 10.36 meters/34-00.00 in the triple jump to finish second at the KSU All-Comers Meet ... Also ran a season-best 8.18 seconds in the 60 meter dash at the KSU All-Comers Meet to finish 12th ... Recorded a season-best 5.21 meter/17-01.25 long jump at the Oklahoma Invitational to finish fourth ... Ran the 400 meters in 1:02.10 to place second and finished sixth in the 60 meter dash at the KSU Invitational after running a time of 8.20 seconds ... Also placed fourth in the triple jump with an 10.11 meter/33-02.00 effort and ninth in the long jump with a 4.86 meter/15-11.50 jump at the KSU Invitational.

High School: Named to all-state team and all-area MVP in track ... Earned all-region cross country honors ... Named overall track team MVP and named to the Texas Girls Coaches Association Team ... Also played basketball and participated in cheerleading ... A member of FFA, FCA, UIL Academics, and choir.

Personal: Born on Oct. 12, 1992, in Stephenville, Texas ... Daughter of Julie & Clyde Steelman ... Father played football and track for Tarleton State University.

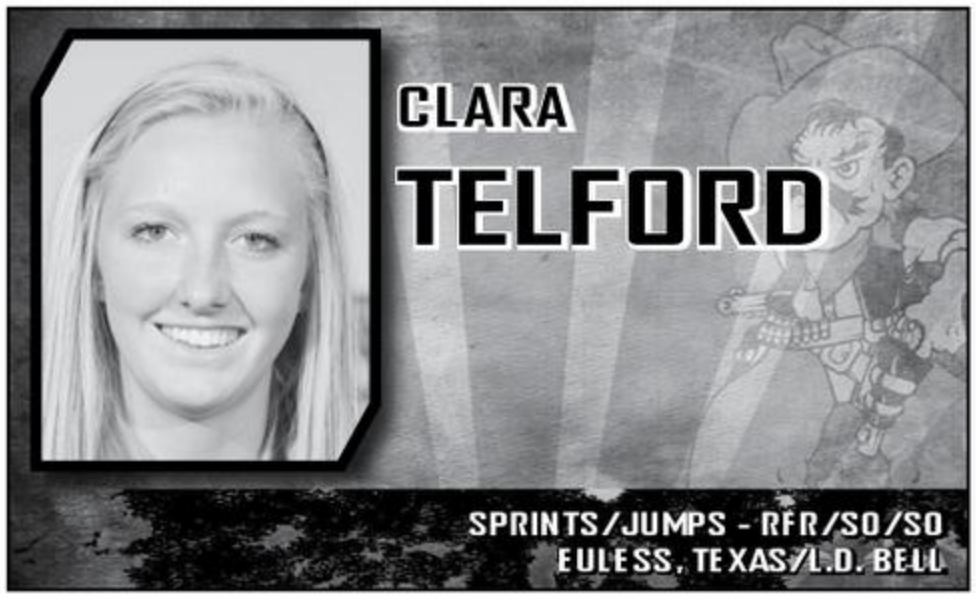
Personal Bests
100 meters - 11.99
200 meters - 24.84
Long Jump - 5.75m/18-10.5
Triple Jump - 11.30/37-01

2012 Outdoors: Set a new personal best in the long jump with a 5.75 meter/18-10.5 effort at the John Jacobs Invitational, which was good for third place ... Finished one spot shy of scoring in the long jump at the Big 12 meet when she posted a jump of 5.50 meters/18-00.50 ... Had a jump of 5.72 meters/18-09.25 at the John McDonnell Invitational to place fifth ... Other long jump results were 5.51 meters/18-00.9 at the Tulsa Duels and 5.44 meters/17-10.25 at the Stanford Invitational.

2012 Indoors: Competed in the sprints and long jump for the Cowgirls during the indoor season ... Ran the 60 meter dash in 8.03 seconds at the KSU All-Comers Meet for the ninth-best in OSU history ... Won the long jump with a jump of 5.48 meters/17-11.75 and finished fourth in the 200 meter dash in 26.37 seconds at the JD Martin Invitational ... Finished 12th in the long jump at the Big 12 Championships with an effort of 5.12 meters/16-09.75 ... Placed in the top five of three different events at the KSU Invitational after running the 400 meters in 1:02.76 to come in third, recording a 8.07 second 60 meter dash time to nab fifth, and posting a 5.10 meter/16-08.75 long jump to earn fifth at the KSU Invitational.

High School: Placed sixth at the state meet in the long jump her senior year ... Won the high point award for track her freshman, junior and senior years ... An all-state regional cross country qualifier ... Texas Amateur Athletic Federation Outstanding Female Athlete of the Year in 2009 ... A member of National honor Society and a two-time scholastic award winner ... Also played basketball and soccer.

Personal: Born June 18, 1993 in Lubbock, Texas ... Daughter of Mike and Lisa Stolt ... Father pole-vaulted at Blinn Junior College ... Grandfather ran track at Arkansas ... Cousin played football for University of Houston.



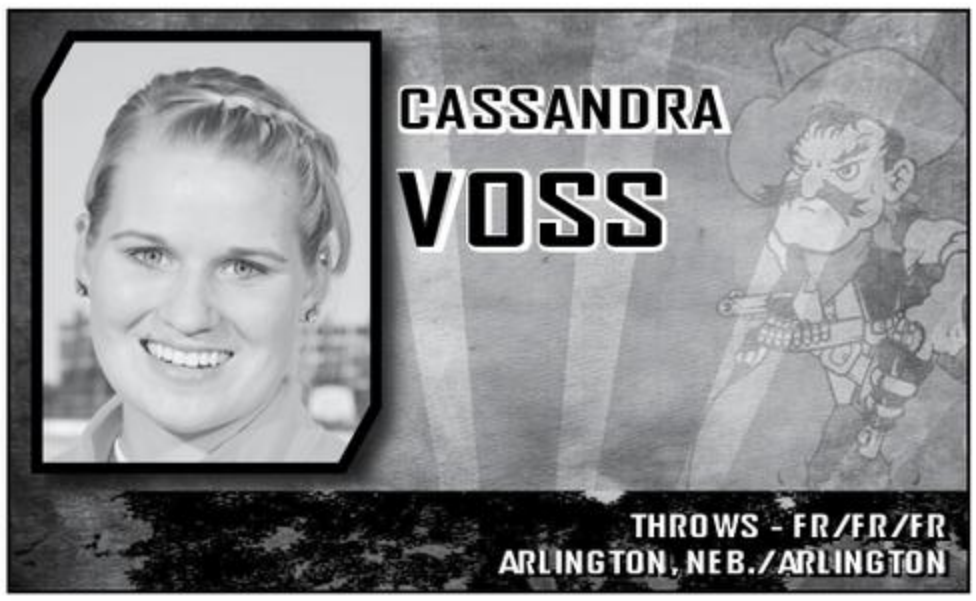
Personal Bests
60 meter hurdles - 9.04
100 meter hurdles - 14.81
High Jump - 1.63m/5-04
Triple Jump - 11.28m/37-00

2012 Outdoors: Competed in the 100 meter hurdles and triple jump during the outdoor season ... Ran a season-best 100 meter hurdle time of 14.92 at the John McDonnell Invitational ... Her best triple-jump effort of the outdoor season came at the Arkansas Twilight , where her 11.17 meter/36-07.75 effort was good for sixth ... Placed third in the 100 meter hurdles at the season-openinig Tulsa Duels with a time of 15.11

2012 Indoors: Became a staple for the Cowgirls during the indoor season, competing in nine different events ... Finished with 2,918 points in the pentathlon at the Big 12 Championships, the fifth-most points in OSU history ... Ran the 60 meter hurdles in 9.04 seconds at the JD Martin Invitational to earn sixth in the preliminaries ... That time was good for fourth-fastest in OSU history ... Recorded a 1.58 meter/5-02.25 high jump at the JD Martin Invitational for place sixth ... That mark ties for eighth in school history ... Placed fifth in the 60 meters hurdles at the KSU Invitational with a time of 9.05 seconds ... recorded a 4.84 meter/15-10.50 long jump at the Oklahoma Invitational to finish sixth.

High School: In 2011, she was named the Texas Amateur Athletic Federation (TAAF) Outstanding Female Athlete of the Year ... Also named the U.S. Marine Corps Female Athlete of the Year ... Set her school's records in the pole vault and 100m hurdles ... Was a member of National Honor Society and was UIL Texas scholar.

Personal: Born on April 1, 1993, in Tulsa, Okla. ... Daughter of Carolyn and Randy Telford ... Also participated in cheerleading in high school.



Personal Bests

Shot Put - 12.32m/40-05

Discus Throw - 42.11m/138-02

High School: Attended Arlington HS in Arlington, Neb., where she was coached by Steven Gubbles and Steve Johnson ... High school personal bests included marks of 12.32m/40-05 in the shot put and 42.11m/138-02 in the discus ... Took second in the all class discus in 2009 and was fourth in 2010 ... Conference discus champion in 2009 and was the shot put and discus runner-up in 2011 ... Took second in her conference in the discus in 2012 ... Was seventh in the state discus in 2011 and took sixth in the all class discus in 2012 ... A shot put state qualifier in 2009, 2010 and 2011 ... Earned track athlete of the year honors ... Also competed in basketball and softball ... Earned Breakfast of Champions recognition for outstanding leadership ... Honor roll student ... Officer of the student council for four years and for Skills USA for two years ... Member of FBLA chapter for three years and was a member of her local church group and festival committee.

Personal: Cassandra Voss was born June 18, 1993 in Omaha, Neb. ... Daughter of Larry and Peggy Voss ... Brother, Alvin, was a thrower for Doane College.

Personal Bests

Shot put: 12.87m/42-02.7

Weight Throw: 17.82m/58-05.6

Discus throw: 45.70m/149-11.2

Hammer throw: 57.59m/188-11

All-Big 12

2012 Outdoor Hammer Throw

Honors and Awards

2011 First-Team Academic All-Big 12 (Track and Field)

2012 USTFCCCA All-Academic Team (Track and Field)

2012 First-Team Academic All-Big 12 (Track and Field)

2012 Outdoors: NCAA West Preliminary Rounds qualifier in the hammer throw, but did not advance to the NCAA Championships after placing 28th at the regional meet with a personal-best mark of 57.59 meters/188-11 ... That mark is third in Oklahoma State history ... Earned her first career All-Big 12 honor by placing sixth in the hammer throw at the conference meet ... Logged four marks of 180 feet or more in the hammer throw during the season, highlighted by her personal best at the NCAA Regional but also including marks of 57.34 meters/188-01 at the John McDonnell Invitational, 56.33 meters/184-00 at the John Jacobs Invitational and 55.97 meters/183-07 at the Big 12 Championships.

2012 Indoors: Put up the third-best weight throw in school history at the Oklahoma Invitational with a hurl of 17.82 meters/58-05.75 ... That throw was good for a new personal best and a first-place finish at the meet ... Recorded a throw of 16.30 meters/53-05.75 at the Big 12 Championships to finish 14th ... Finished fourth in two events in the indoor season after a 16.43 meter/53-11.00 toss at the KSU Invitational and a 15.91 meter/52-02.50 throw at the JD Martin Invitational ... Other marks in the weight throw include 17.13 meters/56-02.50 at the Tyson Invitational and 14.71 meters/48-03.25 at the KSU All-Comers Meet.

2011 Outdoors: First-team academic All-Big 12 honoree ... Turned in her season-best hammer throw performance with a heave of 50.72 meters/166-05 at the Tailwind Invitational ... Other marks in the hammer throw included tosses of 49.68 meters/163-0 at the Tulsa Duels, 46.25 meters/151-09 at the Kansas Relays and 44.10 meters/144-08 at the Ward Haylett Invitational ... Competed in the hammer throw during the Big 12 Outdoor Championships but fouled.

2011 Indoors: Hit a season-best weight throw performance with a toss of 15.98 meters/52-05.25 at the Sooner Invitational ... Other marks in the weight throw were tosses of 15.63 meters/51-03.5 at the Razorback Invitational, 15.56 meters/51-00.5 at the Big 12 Championships to place 22nd at the event, 15.04 meters/49-04.25 at the J.D. Martin Invitational, 15.01 meters/49-03.00 at the Kansas State Invitational and 14.43 meters /47-04.00 at the Tyson Invitational.

2010 Outdoors: Did not compete.

2010 Indoors: Did not compete.

High School: Attended Mitchell HS in Mitchell, S.D., where she was coached by Geoff Gross and Eric Palmer ... Registered personal-best marks of 42-02.75 in the shot put and 149-11 in the discus ... Both of those performances set Mitchell HS records ... Her mark in the discus was fourth in state history ... Class AA discus state champion as a senior ... Overall gold medal winner in the discus that same year ... Conference champion in both the shot put and the discus her senior year ... Selected as the 2009 Mitchell HS female athlete of the year and was the Elite 8 athlete of the year as well ... Qualified for the 2009 USA Track and Field junior national championships in the discus ... Four-time track and field letterwinner also picked up three letters as a basketball player and one as a volleyball player ... Earned academic all-state recognition in all three sports ... A first-team all-conference selection in basketball in 2008-09 and was selected as defensive player of the year ... Member of the National Honor Society ... Graduated No. 1 in her class with a perfect grade point average throughout her high school career ... A Rotary Scholar ... Participated in FCA and was treasurer of the student council, among other extracurricular activities.

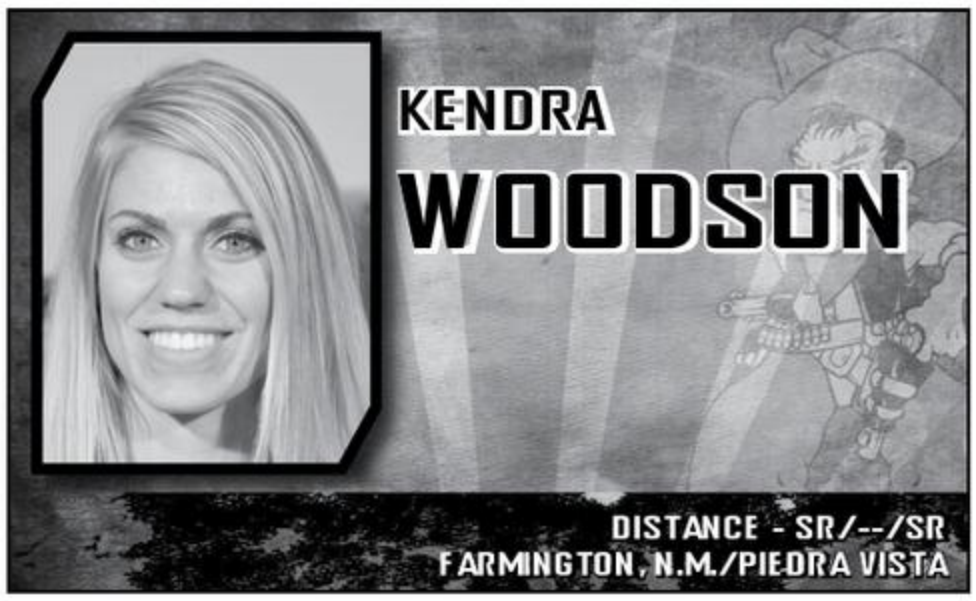
Personal: Caitlin Way was born August 4, 1990 in Cottonwood, Idaho ... Daughter of Bob and Diane Way.

Personal Bests

100 meters - 11.7
200 meters - 24.7
400 meters - 57.0

High School: Talented sprinter who missed varsity competition during her junior year due to Texas UIL transfer regulations ... Coached by Olympic Gold Medalist Jon Drummond.

Personal: Codi Wilson was born Dec. 16, 1993, in Hot Springs, Ark. ... Daughter of Don and Gina Wilson.



Personal Bests

800 meters - 2:08.68
1,500 meters - 4:39.98
1 mile - 5:01.34
3,000 meter steeplechase - 10:33.17
60 meter hurdles - 9.26
400 meter hurdles - 1:01.89

All-Big 12 (Scored at the Conference Meet)

2010 Indoor 800 meters
2012 Indoor 800 meters

Honors and Awards

2010 USTFCCCA All-Academic Team (Track and Field)
2010 First-Team Academic All-Big 12 (Track and Field)

2012 Outdoors: Established a new personal record in the 1,500 meters when she clocked a 4:39.98 at the John McDonnell Invitational ... Ran a season-best 800 meter time of 2:15.40 at the Stanford Invitational ... Finished seventh in the 800 meters at the Arkansas Twilight after running a 2:17.07 ... Came in fourth in the 800 meter run at the Tulsa Duels with a time of 2:20.98.

2012 Indoors: Focused on the 800 meter run and finished seventh at the Big 12 Championships with a time of 2:16.25 to earn All-Big 12 honors ... Was seventh in conference qualifying heats with a time of 2:16.50 ... Ran a 2:17.19 at the Tyson Invitational to finish 17th.

2011 Cross country: Did not compete.

2011 Outdoors: Did not compete.

2011 Indoors: Ran the one mile event at the KSU Invitational in 5:01.34, good for a second-place finish.

2010 Cross Country: Did not compete.

2010 Outdoors: First-team Academic All-Big 12 honoree ... Ran the 3,000 meter steeplechase in a personal-best 10:33.17 at the Mt. SAC Relays to record the fifth-fastest time in school history ... That mark qualified her for the NCAA West Preliminary Rounds, but she did not finish the race at that meet ... Hit a personal-best 800 meter time with a 2:08.68 at the Arkansas Twilight Meet ... That mark is good for fifth on Oklahoma State's all-time outdoor list ... Ran the steeplechase in 10:47.46 at the Stanford Invitational ... Ran a 2:09.75 at the John McDonnell Invitational ... Competed in the 800 meters at the Big 12 Championships, placing 11th in the preliminary heats in 2:11.27 ... Competed in both the 200 meters and the 400 meters at the Tulsa Duels, crossing the finish line in 35.20 and 1:20.87, respectively.

2010 Indoors: Secured the first All-Big 12 honor of her career when she placed seventh in the 800 meters at the conference meet in 2:12.52 ... Her season-best 800-meter time was a 2:11.99 in the preliminary heats at the Big 12 Championships ... Other 800-meter efforts included a 2:14.37 at the Tyson Invitational and a 2:15.18 at the Oklahoma Christian Invitational ... Ran the 400 meters in 59.90 at the Razorback Invitational ... Ran the 600 yards in 1:26.19 at the Sooner Open and the 600 meters in 1:38.09 at the Wichita State Invitational ... Competed as part of the Cowgirl distance medley relay team that finished in 12:06.57 at the Razorback Invitational.

2009 Cross Country: Competed at one cross country meet, placing 19th at the two-mile Hurricane Festival in 12:00.

2009 Outdoors: A staple in the Oklahoma State lineup in the 400 meter hurdles ... Competed in the event at eight meets ... Set a season best when she ran 1:01.89 at the Sooner Twilight meet ... That mark ranks fifth in school history ... Posted a 1:02.44 at the Texas Relays, a 1:02.51 at the John Jacobs Invitational and a 1:02.57 at the Bryan Clay Invitational ... Her 1:02.90 at the Big 12 Championships placed her ninth ... Was timed at 1:04.73 at the Sooner Invitational, 1:05.20 at the UTA Bobby Lane Invitational and 1:05.77 at the Tulsa Invitational ... Ran as part of Oklahoma State's 4x400 meter relay team at the John Jacobs Invitational and as part of OSU's distance medley relay squad at the Texas Relays.

2009 Indoors: Focused on the 60 meter hurdles during the indoor slate, posting a season-best time of 9.26 seconds at the Kansas State All-Comers meet ... That mark stands as the seventh-fastest time in school history ... Also posted a 9.45 at the Kansas State Invitational and a 9.59 at the J.D. Martin Invitational ... Ran the 300 meters at the Kansas State All-Comers meet, recording a 43.45 ... Had a pair of 600-yard performances, posting a 1:25.94 at the Iowa State Classic and a 1:27.75 at the Sooner Open I.

2008 Cross Country: Competed in one event, clocking a 15:26 at the two-mile Hurricane Cross Country Festival in Tulsa to place 30th.

High School: The high scorer at the 2008 New Mexico state track and field championships ... New Mexico state champion in the 100 meter hurdles and the 300 meter hurdles ... State runner-up in the 200 meters and ran the anchor leg of the runner-up 4x200 meter relay ... Took fourth in the triple jump ... Personal bests include 14.55 in the 100 meter hurdles and 44.19 in the 300 meter hurdles.

Personal Bests

High Jump - 1.93m/6-04.00

All-American

2012 Outdoor High Jump (First Team; Fifth place)

Oklahoma State School Record Holder

Outdoor High Jump - 1.87m/6-01.50

All-Big 12 (Scored at Conference Meet)

2012 Outdoor High Jump

2012 Outdoors: Earned first-team All-America recognition after placing fifth in the high jump at the NCAA Championships ... Her best jump of 1.87 meters/6-01.50 set a new OSU school record and met the US Olympic Trials "A" Standard ... Placed 17th at the U.S. Olympic Trials with a 1.79 meter/5-10.5 mark ... Punched her ticket to the NCAA Championships in the high jump after tying for the NCAA West Regional title with a leap of 1.80 meters/5-10.75 ... Joined the Oklahoma State track and field team for the first time and made an immediate impact with a then-school-record high jump mark of 1.86 meters/6-01.25 at the Big 12 Championships to place second at the conference meet ... Her mark was good for fourth on the national list and was first in the Midwest Region ... The previous school-record mark of 1.81m/5-11.25 stood since 1987.

2012 Indoors: Did not compete.

2011 Outdoors: Did not compete.

2011 Indoors: Did not compete.

2010 Outdoors: Did not compete.

2010 Indoors: Did not compete.

As a member of the Oklahoma State basketball team: In her first three years on the basketball team, she has already broken into the top 10 in six statistical categories all-time at OSU ... In 99 career games, she has 110 blocks, which ranks third ... Her rebound total of 735 is fifth all-time, and she is sixth in double-doubles as well ... She is 10th all-time in field goals made and ninth in field goal percentage ... She currently ranks 13th in total points with 1,120 ... In her career, she averages 11.3 points per game, 7.4 rebounds per game and 1.1 blocks per game.

High School: Attended Del City HS in Del City, Okla., where she was a three-sport star, earning all-state honors in track and field, basketball and volleyball ... Tied the national high jump record with a jump of 1.93 meters/6-04.00 previously set by Amy Acuff in 1993 ... Won three consecutive state titles in the high jump ... Averaged 14.7 points and 8.0 rebounds as a senior playing basketball and led the Eagles to a 24-5 record and the Class 6A state championship in 2009 ...Was named a first-team all-state selection and named *The Oklahoman*'s Big All-City Player of the Year as a senior ... Was the lone female to compete in the 2009 Big All-City slam dunk contest, an event she won ...Also helped Del City to state tournament berths as a sophomore and a junior.

Personal:Born Jan. 11, 1991 in Del City, Oklahoma ... Daughter of Veronica Young and Geane Johnson ...Has nine siblings; Michael, Laurel, Virgil, Angela, Ashley, Shaun, Money Ja'quori, Omarri ...Contemplating a major in education.

OKLAHOMA STATE

OPPONENTS

BIG 12 CONFERENCE

Mihaela Bobos

The new Big 12 ushers in its 17th year by welcoming a new commissioner and two new members as it continues to promote the stability, strength and success of one of the nation's premier athletic conferences.

Bob Bowlsby was named the Conference's fourth commissioner on May 4, 2012 after spending the previous six years as director of athletics at Stanford University. TCU and West Virginia became the Big 12's first additions since inception, joining Baylor, Iowa State, Kansas, Kansas State, Oklahoma, Oklahoma State, Texas and Texas Tech.

With 10 members, the Big 12 will remain as the only major conference in the nation to determine its champions in all sports directly on the field of play.

The Conference's hard work ethic and strong values have translated to enormous success in its first 16 years. Since it began competition in 1996-97, the league can boast of 47 NCAA team titles and 517 individual national championships. The trophy case added more hardware last year, including Baylor's second national championship in women's basketball, as well as the Hunter seat title for BU in equestrian. In addition, Texas men's golf claimed the national crown.

Several other teams also made strong national showings. The 2011 season marked the sixth straight in which Big 12 volleyball represented with at least three teams in the NCAA Regional Semifinal field. Texas has made six consecutive appearances. The Big 12 finished first in NCAA Volleyball Conference RPI for the first time in its history. In addition to winning its second consecutive national title, Big 12 women's basketball claimed the top position in conference RPI for the fifth consecutive season. Kansas men's basketball advanced to the national title game and made its fourth Final Four appearance since 2002. Oklahoma finished second at the College World Series in softball. Overall in 2011-12, five of the eight sports that hold NCAA Championships where the Big 12 sponsored full round-robin competition had a school competing among the final eight teams or beyond.

The individual honors also continued with national coaches of the year in football (Kansas State's Bill Snyder and Oklahoma State's Mike Gundy), women's basketball (Baylor's Kim Mulkey) and men's basketball (Kansas' Bill Self). In addition, Texas' Matt Scoggin was named the CSCAA Diving Coach of the Year.

Baylor quarterback Robert Griffin III won the league's fifth Heisman Trophy – the most of any conference since 1998. Oklahoma pitcher Keilani Ricketts was selected the 2012 USA Softball Collegiate Player of the Year. Baylor center Brittney Griner garnered consensus national player of the year honors in women's basketball. The Conference has had 13 athletes earn major individual awards in football in the past three campaigns. Also in the fall, Haley Eckerman of Texas was tabbed the American Volleyball Coaches Association's Freshman of the Year. Overall, more than 1,400 student-athletes have earned All-America recognition in the past five years alone.

Through its first 16 years, the Big 12 has claimed a team national championship in 16 of the sports it sponsors. The Conference ranks second with seven appearances in the BCS National Championship Game and leads the country with 95 football consensus All-America selections. League squads have combined to lead the nation in women's basketball attendance each of the last 13 years and the Big 12 is the only conference to surpass the one-million mark in season attendance – doing so six times. In men's basketball, the league has had two teams in the regional finals in four of the past five seasons. No other conference has had multiple Elite Eight teams in a season as much during that span. During the last eight years a total of 26 NCAA trophies have been hoisted by Big 12 institutions, with at least one national crown won in all but one year for the Conference, including 15 consecutive seasons.

THE BIG 12 CONFERENCE - A NATIONAL LEADER

The Big 12 and its member institutions are committed to a competitive environment where sportsmanship and fair play take center stage. Whether on the field, in the classroom, or within the community, the student-athletes, administrators, coaches and game officials of the Big 12 support the highest ideals in sportsmanship.

National academic accolades have always been strong in the Big 12. Danielle Robinson (Oklahoma) and Sam Acho (Texas) were selected to receive Today's Top VIII Awards – one of the NCAA's top honors. It recognizes student-athletes who completed their athletic eligibility during 2010-11 for success on the fields and courts, in the classroom and in the community. In 2011-12, two student-athletes were recipients of the NCAA Elite 89 Award. That honor showcases individuals who have reached the pinnacle of competition at the national championship level, while also achieving the highest academic standard among their peers.

In its short history, the Big 12 has also had over 500 Academic All-America recipients, averaging more than 30 each season. Big 12 student-athletes have shown commitment to their studies by earning numerous individual academic recognitions. Nine times in the past eight years a league athlete has garnered the top academic honor for their respective sport. The Big 12 had plenty of success overall in the classroom the last three years, as the Conference boasted 72 student-athletes earning Capital One/CoSIDA Academic All-America recognition through the spring of 2012.

The Big 12 can take pride in other stories that combine on and off the field success. Patience Knight (Texas Tech) was the recipient of the Honda Inspiration Award in 2008, given to an outstanding female college athlete who overcomes adversity to excel in her sport. She was diagnosed with a cancerous tumor in 2007, but rebounded to win All-America honors at the 2008 NCAA Indoor Track & Field Championships. Oklahoma State women's basketball was the inaugural recipient of the "Together We R" Team Award in 2012, recognizing programs that have strived to succeed in the face of adversity.

Competitive excellence, scholarship and sportsmanship are all equal components of the Big 12 philosophy. All-Big 12 teams and Academic All-Big 12 squads are recognized for each sport at the end of their respective seasons. At the end of each academic year, the Conference honors its top male and female student-athletes with the Big 12 Athlete of the Year and Big 12 Sportsperson of the Year awards.

Institutions can also nominate student-athletes for the prestigious Dr. Prentice Gautt Postgraduate Scholarships. A total of 293 scholars have received over $2 million in postgraduate financial aid through the first 16 years of the program.

The Big 12 sponsors 23 sports. Men's squads include baseball, basketball, cross country, football, golf, indoor track & field, outdoor track & field, swimming & diving, tennis and wrestling. Women's teams are fielded in basketball, cross country, equestrian, golf, gymnastics, indoor track & field, outdoor track & field, rowing, soccer, softball, swimming & diving, tennis and volleyball.

Big 12 institutions create a league that encompasses five states and nearly 37 million people. More than 4,200 student-athletes from across the United States and around the World compete annually in the sports sponsored by the Conference.

The Conference conducts postseason championships for 20 of its 23 sports. Each championship helps to determine teams and/or individuals that will represent the Conference in national postseason competition. The winner of the Big 12 football regular season championship earns the league's berth into the Bowl Championship Series.

In its first 16 years, the Conference has distributed more than $1.6 billion to its member institutions. The conference office is headquartered in Irving, Texas.

2011 BIG 12 WOMEN'S CROSS COUNTRY CHAMPIONSHIPS RESULTS

Oct. 29, 2011 :: College Station, Texas

Team Standings	
1. Iowa State	68 points
2. Texas	83 points
3. Oklahoma State	86 points
4. Missouri	125 points
5. Texas Tech	126 points
6. Texas A&M	149 points
7. Kansas	169 points
8. Oklahoma	189 points
9. Kansas State	201 points
10. Baylor	214 points

OSU All-Big 12: Natalja Piliusina (4th place), Monika Juodeskaite (15th place)

2012 BIG 12 WOMEN'S INDOOR CHAMPIONSHIPS RESULTS

Feb. 24-25, 2012 :: College Station, Texas

Team Standings	
1. Texas A&M	154 points
2. Texas	112 points
3. Kansas	101.33 points
T4. Baylor	76 points
T4. Iowa State	76 points
6. Texas Tech	63 points
7. Kansas State	56 points
8. Oklahoma	55.33 points
9. Oklahoma State	31 points
10. Missouri	29.33 points

OSU Champs: Natalja Piliusina, 800 meters; Kate Kujawa, Mihaela Bobos, Caileigh Glenn, Natalja Pilusina (Distance Medley Relay)

2012 BIG 12 WOMEN'S OUTDOOR CHAMPIONSHIPS

May 11-13, 2012 :: Manhattan, Kan.

Team Standings	
1. Texas	139 points
2. Kansas	129.50 points
3. Texas A&M	128.50 points
4. Baylor	72 points
5. Texas Tech	71 points
6. Oklahoma	63 points
7. Missouri	60 points
8. Iowa State	58 points
9. Kansas State	58 points
10. Oklahoma State	38 points

OSU Champs: Natalja Piliusina, 800 meters

OPPONENT CAPSULES

BAYLOR BEARS
Waco, Texas

Home XC Course:	Bear Run
Home Indoor Track:	None
Home Outdoor Track:	Hart-Patterson T&F Complex
Head Coach:	Todd Harbour
SID Contact:	Todd Zeidler
SID E-mail:	todd_zeidler@baylor.edu
SID Phone:	254-710-4049

KANSAS STATE WILDCATS
Manhattan, Kan.

Home XC Course:	Warner Park
Home Indoor Track:	Ahearn Fieldhouse
Home Outdoor Track:	R.V. Christian Track Complex
Head Cross Country Coach:	Michael Smith
Head Track and Field Coach:	Cliff Rovelto
SID Contact:	David Wiechmann
SID E-mail:	dwiech@ksu.edu
SID Phone:	785-532-7976

TEXAS LONGHORNS
Austin, Texas

Home XC Course:	Hancock Golf Course
Home Indoor Track:	None
Home Outdoor Track:	Mike A. Myers Stadium
Head Coach - Men:	Bubba Thornton
Head Coach - Women:	Beverly Kearney
SID Contact:	TBD
SID E-Mail:	TBD
SID Phone:	512-471-8236

IOWA STATE CYCLONES
Ames, Iowa

Home XC Course:	ISU Cross Country Course
Home Indoor Track:	Harry Hoak Track
Home Outdoor Track:	ISU Track
Head Coach:	Corey Ihmels
SID Contact:	Tom Kroeschell
SID E-mail:	tkroesch@iastate.edu
SID Phone:	515-294-3372

OKLAHOMA SOONERS
Norman, Okla.

Home XC Course:	Max Westheimer Airport
Home Indoor Track:	Mosier Indoor T&F Facility
Home Outdoor Track:	John Jacobs T&F Complex
Head Coach:	Martin Smith
SID Track contact:	TBD
SID E-mail:	TBD
SID Phone:	405-325-8372

TEXAS TECH RED RAIDERS
Lubbock, Texas

Home XC Course:	Rawls Course
Home Indoor Track:	Athletic Training Center
Home Outdoor Track:	Terry and Linda Fuller Track
Head Cross Country Coach:	Jon Murray
Head Track Coach:	Wes Kittley
SID Contact:	Britton Drown
SID E-mail:	britton.drown@ttu.edu
SID Phone:	806-742-3355

KANSAS JAYHAWKS
Lawrence, Kan.

Home XC Course:	Rim Rock Farm
Home Indoor Track:	Anschutz Pavilion
Home Outdoor Track:	Memorial Stadium
Head Coach:	Stanley Redwine
SID Contact:	Brad Gilbert
SID E-mail:	brgilbert@ku.edu
SID Phone:	785-864-7314

TCU HORNED FROGS
Fort Worth, Texas

Home XC Course:	None
Home Indoor Track:	None
Home Outdoor Track:	Lowden Track & Field Complex
Head Cross Country Coach:	Liz Wort
Head Track Coach:	Darryl Anderson
SID Contact:	Patrick Tarbox
SID E-Mail:	p.tarbox@tcu.edu
SID Phone: Office	817-257-5378

WEST VIRGINIA MOUNTAINEERS
Morgantown, W.Va.

Your Home XC Course:	WVU Agronomy Farm
Your Home Indoor Track:	WVU Shell Building
Your Home Outdoor Track:	WVU Outdoor Track
Head Coach:	Sean Cleary (West Virginia '92)
SID Contact:	Abby Norman
SID E-Mail:	abby.norman@mail.wvu.edu
SID Phone:	304-293-2821

Caitlin Way

BIG 12 CONFERENCE
Irving, Texas

Home Office:	Irving, Texas
Commissioner:	Bob Bowlsby
SID Contact:	Carter Babb
SID E-mail:	cbabb@big12sports.com
SID Phone:	469-524-1040

OKLAHOMA STATE

2011-12 IN REVIEW

COWGIRLS CONTINUE CROSS COUNTRY CLIMB UNDER SMITH

Team wins two titles; Piliusina, Juodeskaite earn all-Big 12 and all-Midwest Region honors.

The 2011 Oklahoma State women's cross country team posted its highest Big 12 finish since 2005 and appeared in the NCAA Championships for the second time in a row for only the second time in school history.

The Cowgirls were third at the Big 12 Championships, second at the NCAA Midwest Regional Championship and 30th at the NCAA Championships.

Sophomore Natalja Piliusina led the team all year long and earned all-Big 12 and all-region honors in addition to setting a new 6,000 meter school record by running the Big 12 meet in 19:45.9.

Freshman Monika Juodeskaite was consistently strong for the Cowgirls as well, securing Big 12 Newcomer of the Year honors to go with all-Big 12 and all-region accolades.

Seniors Victoria Fratczak and Teran Mixon, and junior Jackie Campos rounded out the Cowgirls' five scored runners at the NCAA Championships.

"I think we can be better in the future, but it wasn't necessarily that surprising," Smith said of the Cowgirls placing 30th. "Building a great program is a process, it takes time, and you have to go through certain steps and certain ups and downs, and this is part of that process, having a bit of a down year. Like I told the girls, the worst day at nationals is better than the best day at home."

In order for the Cowgirls to have a chance to compete as a team at the NCAA Championships, they had to have an incredibly strong outing at the NCAA Midwest Regional.

They did.

Piliusina paced the Cowgirls with a ninth-place finish, completing the 6,000-meter race in 21:15.45. It marked the second-straight year she has earned all-region recognition. The Cowgirls' talented freshman Juodeskaite clocked a 21:45.43 to finish in 25th and earn all-region honors as well.

"We knew we had to be second to make it to the national championships, and we weren't a lock for second," Smith said. "It was a tough race. I think at 5,000 meters, we were still in fourth place and 25 points behind Minnesota, who was in second. We made that up in the last 16, 17 percent of the race and ended up being second. They came from way back."

Juodeskaite, Fratczak (26th), Campos (29th) and sophomore Caileigh Glenn (30th) were able to move up enough in placement in the final leg of the race, allowing the Cowgirls to pull out a second-place finish with 119 team points, 17 points better than third place Minnesota and trailing only Iowa State.

At the Big 12 Championships, Piliusina's fourth-place finish and school-record time led the way. Juodeskaite set the second-best time in the OSU record book with a 20:21.3 effort, which was good for 15th in the race.

Kujawa, who finished 19th, turned in the sixth-fastest time at OSU after running a 20:27.8. Mixon finished the race in 20:31.5, which is the eighth-best time at OSU, while Campos ran a 20:45.9 to turn in the ninth-best effort in Cowgirl history for the 6K.

The Cowgirls took the team title at the Cowboy Jamboree for the second-consecutive year behind a fourth-place effort from Piliusina. In the only home event of the year, the sophomore posted a time of 17:26.64 in the 5,000-meter race, which is the 14th-best 5K time in OSU history.

Kujawa came in 14th place with a time of 17:52.77, which puts her at No. 24 in the OSU record book. Fratczak ran a 17:55.57 to place 16th. Her time is No. 25 all-time at OSU.

OSU began the season at the two-mile Hurricane Festival. Juodeskaite showed promise in her first collegiate race with a second-place finish to lead the Cowgirls, who took the team title at the event. Her time of 11:18 is No. 7 all-time at OSU for two-mile events. Juodeskaite was the Cowgirls' first or second finisher in five of the six events in 2011 and was among the scoring five in all of them.

2011 HIGHLIGHTS

* Hurricane Festival Team Champions
* Cowboy Jamboree Team Champions
* NCAA Midwest Regional Runner-Up
* Best Big 12 finish since 2005
* Recognized as a USTFCCCA All-Academic Team

ALL-BIG 12

Natalja Piliusina (4th place)
Monika Juodeskaite (15th place)

BIG 12 NEWCOMER OF THE YEAR

Monika Juodeskaite

ALL-MIDWEST REGION

Natalja Piliusina (9th place)
Monika Juodeskaite (25th place)

ACADEMIC ALL-BIG 12

Brandi Andrews (First Team)
Jackie Campos (First Team)
Jori Davis (First Team)
Victoria Fratczak (First Team)
Caileigh Glenn (First Team)
Laura Heaton (First Team)
Kate Kujawa (First Team)
Teran Mixon (First Team)
Melanie Funke (Second Team)
Natalja Piliusina (Second Team)

RECORDS

Top 2 6,000 meter marks in school history

* Natalja Piliusina - 19:45.9 (Big 12s)
* Monika Juodeskaite - 20:21.3 (Big 12s)

Mixon and Glenn also got into the record book, with Mixon's time of 11:23 tying her for ninth and Glenn's time of 11:40 putting her in at No. 24. Two weeks following the Jamboree, the Cowgirls took third at the Chile Pepper Festival with Piliusina leading the way yet again. Her 10th-place finish at the event was one of four top 10 finishes in five events she competed in on the season.

Ten Cowgirl athletes were named to the Academic All-Big 12 team, highlighted by Glenn's perfect 4.00 GPA. Joining Glenn on the first team were Brandi Andrews, Campos, Jori Davis, Fratczak, Laura Heaton, Kujawa and Mixon, while Piliusina and Melanie Funke were named to the second team.

2011 CROSS COUNTRY RESULTS

Sept. 4	Hurricane Festival (Tulsa, Okla.)	First place
Sept. 25	Cowboy Jamboree (Stillwater, Okla.)	First place
Oct. 16	Chile Pepper Festival (Fayetteville, Ark.)	Third place
Oct. 30	Big 12 Championships (College Station, Texas)	Third place
Nov. 13	NCAA Midwest Regionals (Dekalb, Ill.)	Second place
Nov. 22	NCAA Championships (Terre Haute, Ind.)	30th place

2011 Women's XC Results By Meet

HURRICANE FESTIVAL (5-0; FIRST PLACE)

Sept. 3, 2011 :: Mohawk Park :: Tulsa, Okla. :: 2 miles

Pl	Athlete	Time
2	Monika Juodeskaite	11:18
3	Victoria Hanna	11:20
5	Kate Kujawa	11:21
6	Teran Mixon	11:23
10	Victoria Fratczak	11:33
12	Caileigh Glenn	11:40
14	Natanya Luther	11:44
15	Jackie Campos	11:47
16	Brandi Andrews	11:54
19	Adela Hofmannova	11:57
20	Jenny Dyer	12:00
21	Taylor Light	12:17
22	Jori Davis	12:19
23	Melanie Funke	12:23
30	Mihaela Bobos	12:31
34	Laura Heaton	13:35
37	Kim Johnson	14:13

Dual Results

OSU def. Tulsa, 25-31

OSU def. Arkansas-Fort Smith, 15-50

OSU def. Oklahoma, 15-50

OSU def. Oklahoma Wesleyan, 15-50

OSU def. Missouri State 16-45

COWBOY JAMBOREE (FIRST PLACE)

Oct. 1, 2011 :: OSU XC Course :: Stillwater, Okla. :: 5,000m

Pl	Athlete	Time
4	Natalja Piliusina	17:26.64
14	Kate Kujawa	17.52.77
16	Victoria Fratczak	17:55.57
17	Teran Mixon	17:56.81
22	Monika Juodeskaite	18:06.17
32	Natanya Luther	18:18.14
34	Ruth-Anne Hadjis	18:21:57
37	Caileigh Glenn	18:22.94
43	Taylor Light	18:29.61
56	Jacki Campos	18:44.01
61	Adela Hofmannova	18:48.28
62	Brandi Andrews	18:50.34
69	Jori Davis	18:57.05
78	Melanie Funke	19:10.79
87	Laura Heaton	19:22.93
177	Lauren May	23:28.14
184	Riley Buckley	27:01.67

CHILE PEPPER FESTIVAL (THIRD PLACE)

Oct. 15, 2011 :: Arkansas XC Course :: Fayetteville, Ark. :: 6,000m

Pl	Athlete	Time
10	Natalja Piliusina	20:33.3
23	Monika Juodeskaite	21:10.0
26	Victoria Fratczak	21:14.1
28	Teran Mixon	21:21.8
41	Jackie Campos	21:38.0
43	Kate Kujawa	21:45.9
49	Caileigh Glenn	21:50.2
58	Taylor Light	22:02.1
73	Natanya Luther	22:12.1
88	Adela Hofmannova	22:27.6
89	Jori Davis	22:28.2
96	Brandi Andrews	22:32.2
109	Melanie Funke	22:46.9
139	Laura Heaton	23:15.2

BIG 12 CHAMPIONSHIPS (THIRD PLACE)

Oct. 29, 2011 :: Pebble Creek Country Club::College Station, Texas :: 6,000m

Pl	Athlete	Time
4	Natalja Piliusina	19:45.9
15	Monika Juodeskaite	20:21.3
19	Kate Kujawa	20:27.8
22	Teran Mixon	20:31.5
26	Jackie Campos	20:45.9
30	Natanya Luther	20:53.2
33	Victoria Fratczak	20:55.4
35	Caileigh Glenn	20:56.3
48	Taylor Light	21:17.3
55	Adela Hofmannova	21:28.4

Team Standings

1. Iowa State – 68 points
2. Texas – 83 points
3. Oklahoma State – 86 points
4. Missouri – 125 points
5. Texas Tech – 126 points
6. Texas A&M – 149 points
7. Kansas – 169 points
8. Oklahoma – 189 points
9. Kansas State – 201 points
10. Baylor – 214 points

NCAA MIDWEST REGIONAL CHAMPIONSHIPS (SECOND PLACE)

Nov. 12, 2010 :: NIU North 40 Course :: Dekalb, Ill. :: 6,000m

Pl	Athlete	Time
9	Natalja Piliusina	21:15.45
25	Monika Juodeskaite	21:45.43
26	Victoria Fratczak	21:46.75
29	Jackie Campos	22:01.82
30	Caileigh Glenn	22:02.19
33	Kate Kujawa	22:06.76
46	Teran Mixon	22:21.13

Team Standings (Top 5)

1. Iowa State – 64 points
2. Oklahoma State – 199 points
3. Minnesota – 136 points
4. Iowa – 146 points
5. Northwestern – 204 points

NCAA CHAMPIONSHIPS (30TH PLACE)

Nov. 21, 2011 :: LaVern Gibson Champ. Course :: Terre Haute, Ind. :: 6,000m

Pl	Athlete	Time
83	Natalja Piliusina	20:53.3
184	Monika Juodeskaite	21:43.5
193	Victoria Fratczak	21:47.9
201	Teran Mixon	21:52.4
205	Jackie Campos	21:55.2
231	Kate Kujawa	22:16.0
241	Caileigh Glenn	22:34.9

2011 Women's XC Results By Individual

BRANDI ANDREWS

16	11:54	9/3/11	Hurricane Festival	Tulsa, Okla.	Two miles
62	18:50.34	10/1/11	Cowboy Jamboree	Stillwater, Okla.	5,000m
96	22:32.2	10/15/11	Chile Pepper Festival	Fayetteville, Ark.	6,000m

MIHAELA BOBOS

30	12:41	9/3/11	Hurricane Festival	Tulsa, Okla.	Two miles

JACKIE CAMPOS

15	11:47	9/3/11	Hurricane Festival	Tulsa, Okla.	Two miles
56	18:44.01	10/1/11	Cowboy Jamboree	Stillwater, Okla.	5,000m
41	21:38.0	10/15/11	Chile Pepper Festival	Fayetteville, Ark.	6,000m
26	20:45.9	10/29/11	Big 12 Champ.	College Station, TX	6,000m
29	22:01.82	11/12/11	Midwest Regional	Dekalb, Ill.	6,000m
205	21:55.2	11/21/11	NCAA Championships	Terre Haute, Ind.	6,000m

JORI DAVIS

22	12:19	9/3/11	Hurricane Festival	Tulsa, Okla.	Two miles
69	18:57.05	10/1/11	Cowboy Jamboree	Stillwater, Okla.	5,000m
89	22:28.2	10/15/11	Chile Pepper Festival	Fayetteville, Ark.	6,000m

JENNY DYER

20	12:00	9/3/11	Hurricane Festival	Tulsa, Okla. .	Two miles

VICTORIA FRATCZAK

10	11:33	9/3/11	Hurricane Festival	Tulsa, Okla..	Two miles
16	17:55.57	10/1/11	Cowboy Jamboree	Stillwater, Okla.	5,000m
26	21:14.1	10/15/11	Chile Pepper Festival	Fayetteville, Ark.	6,000m
33	20:55.4	10/29/11	Big 12 Champ.	College Station, TX	6,000m
26	21:46.75	11/12/11	Midwest Regional	Dekalb, Ill.	6,000m
193	21:47.9	11/21/11	NCAA Championships	Terre Haute, Ind.	6,000m

MELANIE FUNKE

23	12:23	9/3/11	Hurricane Festival	Tulsa, Okla.	Two miles
78	19:10.79	10/1/11	Cowboy Jamboree	Stillwater, Okla.	5,000m
109	22:46.9	10/15/11	Chile Pepper Festival	Fayetteville, Ark.	6,000m

CAILEIGH GLENN

12	11:40	9/3/11	Hurricane Festival	Tulsa, Okla.	Two miles
37	18:22.94	10/1/11	Cowboy Jamboree	Stillwater, Okla.	5,000m
49	21:50.2	10/15/11	Chile Pepper Festival	Fayetteville, Ark.	6,000m
35	20:56.3	10/29/11	Big 12 Champ.	College Station, TX	6,000m
30	22:02.19	11/12/11	Midwest Regional	Dekalb, Ill.	6,000m
241	22:34.9	11/21/11	NCAA Championships	Terre Haute, Ind.	6,000m

RUTH-ANNE HADJIS

34	18:21.57	10/1/11	Cowboy Jamboree	Stillwater, Okla.	5,000m

VICTORIA HANNA

3	11:20	9/3/11	Hurricane Festival	Tulsa, Okla.	Two miles

LAURA HEATON

34	13:35	9/3/11	Hurricane Festival	Tulsa, Okla.	Two miles
62	19:22.93	10/1/11	Cowboy Jamboree	Stillwater, Okla.	5,000m
139	23:15.2	10/15/11	Chile Pepper Festival	Fayetteville, Ark.	6,000m

ADELA HOFMANNOVA

19	11:57	9/3/11	Hurricane Festival	Tulsa, Okla.	Two miles
61	18:48.28	10/1/11	Cowboy Jamboree	Stillwater, Okla.	5,000m
88	22:27.6	10/15/11	Chile Pepper Festival	Fayetteville, Ark.	6,000m
55	21:28.4	10/29/11	Big 12 Champ.	College Station, TX .	6,000m

KIM JOHNSON

37	14:13	9/3/11	Hurricane Festival	Tulsa, Okla.	Two miles

MONIKA JUODESKAITE

2	11:18	9/3/11	Hurricane Festival	Tulsa, Okla.	Two miles
22	18:06.17	10/1/11	Cowboy Jamboree	Stillwater, Okla.	5,000m
23	21:10.0	10/15/11	Chile Pepper Festival	Fayetteville, Ark.	6,000m
15	20:21.3	10/29/11	Big 12 Champ.	College Station, TX	6,000m
25	21:45.43	11/12/11	Midwest Regional	Dekalb, Ill.	6,000m
184	21:43.5	11/21/11	NCAA Championships	Terre Haute, Ind.	6,000m

KATE KUJAWA

5	11:21	9/3/11	Hurricane Festival	Tulsa, Okla.	Two miles
14	17:52.77	10/1/11	Cowboy Jamboree	Stillwater, Okla.	5,000m
43	21:45.9	10/15/11	Chile Pepper Festival	Fayetteville, Ark.	6,000m
19	20:27.8	10/29/11	Big 12 Champ.	College Station, TX	6,000m
33	22:06.76	11/12/11	Midwest Regional	Dekalb, Ill.	6,000m
231	22:16.0	11/21/11	NCAA Championships	Terre Haute, Ind.	6,000m

TAYLOR LIGHT

21	12:17	9/3/11	Hurricane Festival	Tulsa, Okla.	Two miles
43	18:29.61	10/1/11	Cowboy Jamboree	Stillwater, Okla.	5,000m
58	22:02.1	10/15/11	Chile Pepper Festival	Fayetteville, Ark.	6,000m
48	21:17.3	10/29/11	Big 12 Champ.	College Station, TX	6,000m

NATANYA LUTHER

14	11:44	9/3/11	Hurricane Festival	Tulsa, Okla.	Two miles
32	18:18.14	10/1/11	Cowboy Jamboree	Stillwater, Okla.	5,000m
73	22:12.1	10/15/11	Chile Pepper Festival	Fayetteville, Ark.	6,000m
30	20:53.2	10/29/11	Big 12 Champ.	College Station, TX	6,000m

TERAN MIXON

6	11:23	9/3/11	Hurricane Festival	Tulsa, Okla.	Two miles
17	17:56.81	10/1/11	Cowboy Jamboree	Stillwater, Okla.	5,000m
28	21:21.8	10/15/11	Chile Pepper Festival	Fayetteville, Ark.	6,000m
26	20:31.5	10/29/11	Big 12 Champ.	College Station, TX	6,000m
46	22:21.13	11/12/11	Midwest Regional	Dekalb, Ill.	6,000m
201	21:52.4	11/21/11	NCAA Championships	Terre Haute, Ind.	6,000m

NATALJA PILIUSINA

4	17:26.64	10/1/11	Cowboy Jamboree	Stillwater, Okla.	5,000m
10	20:33.3	10/15/11	Chile Pepper Festival	Fayetteville, Ark.	6,000m
4	19:45.9	10/29/11	Big 12 Champ.	College Station, TX	6,000m
9	21:15.45	11/12/11	Midwest Regional	Dekalb, Ill.	6,000m
83	20:53.3	11/21/11	NCAA Championships	Terre Haute, Ind.	6,000m

2011 Women's Cross Country Bests

TWO MILES

2	Monika Juodeskaite	11:18	9/3	Hurricane Festival
3	Victoria Hanna	11:20	9/3	Hurricane Festival
5	Kate Kujawa	11:21	9/3	Hurricane Festival
6	Teran Mixon	11:23	9/3	Hurricane Festival
10	Victoria Fratczak	11:33	9/3	Hurricane Festival
12	Caileigh Glenn	11:40	9/3	Hurricane Festival
14	Natanya Luther	11:44	9/3	Hurricane Festival
15	Jackie Campos	11:47	9/3	Hurricane Festival
16	Brandi Andrews	11:54	9/3	Hurricane Festival
19	Adela Hofmannova	11:57	9/3	Hurricane Festival
20	Jenny Dyer	12:00	9/3	Hurricane Festival
22	Jori Davis	12:19	9/3	Hurricane Festival
23	Melanie Funke	12:23	9/3	Hurricane Festival
30	Mihaela Bobos	12:41	9/3	Hurricane Festival
34	Laura Heaton	13:35	9/3	Hurricane Festival
37	Kim Johnson	14:13	9/3	Hurricane Festival

5,000 METERS

4	Natalja Piliusina	17:26.64	10/1	Cowboy Jamboree
14	Kate Kujawa	17:52.55	10/1	Cowboy Jamboree
16	Victoria Fratczak	17:55.57	10/1	Cowboy Jamboree
17	Teran Mixon	17:56.81	10/1	Cowboy Jamboree
22	Monika Juodeskaite	18:06.17	10/1	Cowboy Jamboree
32	Natanya Luther	18:18.14	10/1	Cowboy Jamboree
34	Ruth-Anne Hadjis	18:21.57	10/1	Cowboy Jamboree
37	Caileigh Glenn	18:22.94	10/1	Cowboy Jamboree
43	Taylor Light	18:29.61	10/1	Cowboy Jamboree
56	Jackie Campos	18:44.01	10/1	Cowboy Jamboree
61	Adela Hofmannova	18:48.28	10/1	Cowboy Jamboree
62	Brandi Andrews	18:50.34	10/1	Cowboy Jamboree
69	Jori Davis	18:57.05	10/1	Cowboy Jamboree
78	Melanie Funke	19:10.79	10/1	Cowboy Jamboree
87	Laura Heaton	19:22.93	10/1	Cowboy Jamboree

6,000 METERS

4	Natalja Piliusina	19:45.9	10/29	Big 12 Championships
15	Monika Juodeskaite	20:21.3	10/29	Big 12 Championships
19	Kate Kujawa	20:27.8	10/29	Big 12 Championships
22	Teran Mixon	20:31.5	10/29	Big 12 Championships
26	Jackie Campos	20:45.9	10/29	Big 12 Championships
30	Natanya Luther	20:53.2	10/29	Big 12 Championships
33	Victoria Fratczak	20:55.4	10/29	Big 12 Championships
35	Caileigh Glenn	20:56.3	10/29	Big 12 Championships
48	Taylor Light	21:17.3	10/29	Big 12 Championships
55	Adela Hofmannova	21:28.4	10/29	Big 12 Championships
89	Jori Davis	22:28.2	10/15	Chile Pepper Festival
96	Brandi Andrews	22:32.2	10/15	Chile Pepper Festival
109	Melanie Funke	22:46.9	10/15	Chile Pepper Festival
139	Laura Heaton	23:15.2	10/15	Chile Pepper Festival

2011 Big 12 Newcomer of the Year Monika Juodeskaite.

PILIUSINA SOLIDIFIES HERSELF AMONG THE NATION'S BEST

Bobos, Glenn, Kujawa, Woodson have impressive showings at the Big 12 Championships.

2012 Big 12 indoor 800 meter champion and NCAA runner-up Natalja Piliusina.

Sophomore Natalja Piliusina headlined the 2012 indoor track and field season at Oklahoma State by earning a runner-up finish in the 800 meters at the NCAA Indoor Championships in Nampa, Idaho.

The Klaipeda, Lithuania, native raced to a spot on the All-America team by clocking a 2:04.48 in the national final.

Piliusina earned her place in the national championships after racing to her second-consecutive 800 meter Big 12 title in 2:07.43, edging Iowa State's Ejiroghene Okoro for the top spot on the podium. The Cowgirls had the largest contingent in the 800 meter finals at the Big 12 championships with fellow Cowgirl sophomores Mihaela Bobos and Kendra Woodson finishing in sixth and seventh, respectively.

Perhaps the most impressive highlight of the conference meet came in the distance medley relay where the Oklahoma State foursome of Kate Kujawa, Bobos, Caileigh Glenn and Piliusina nabbed the Cowgirls' second consecutive Big 12 title in the event with a time of 11:19.42.

Piliusina anchored the race and overcame an eight-second deficit to take the win and finish 3.10 seconds in front of second-place finisher Baylor. Their finish is the third-fastest in OSU history.

Glenn took fourth in the Big 12 1,000 meter run and Kate Kujawa came in fifth in the mile. Glenn's mark of 2:49.50 put her in third on OSU's all-time list, while Kujawa's preliminary time of 4:48.72 in the mile stands as the 10th-fastest indoor effort ever for a Cowgirl.

The season started with the KSU All-Comers Meet where freshman Taylor Stolt made her mark in the 60 meter dash. Stolt's time of 8.03 seconds gave her a seventh place finish and was good for ninth on the all-time OSU indoor record list. Fellow first-year Cowgirls Adela Hofmannova and Alex Ervin took the top two spots in the 1,000 meter run and Janelle Martinez posted a first-place finish in the mile at the meet.

OSU posted top five finishes in the triple jump and shot put, as well. Jessy Murphy, a junior from Stillwater, Okla., turned in a jump of 11.34 meters/37-02.50 to take second and record a new personal best. Brooke Gritters placed third in the shot put with a throw of 13.13 meters/43-01.00.

The Cowgirls' indoor achievements continued as the season progressed with five top five finishes at the KSU Invitational, where Kujawa topped the field to earn first place in the mile with a time of 5:04.55. Stolt jumped to first place in the JD Martin Invitational with a season best 5.48 meter/17-11.45 effort in the long jump.

Clara Telford, a freshman from Euliss, Texas, placed her name in the OSU record books in two events at the JD Martin Invitational. Her high jump of 1.58 meters/5-02.25 tied her for eighth all-time and was good for a sixth place finish. Telford's preliminary time of 9.04 seconds in the 60 meter hurdles ranks as the fourth-fastest in school history. Teammate Bailey Johnson clocked a 9.27 hurdles time to take the seventh-best spot in the Cowgirl record books.

The Cowgirls traveled to the Razorback Invitational followed by the Tyson Invitational, both in Fayetteville, Ark. Distance runner Jackie Campos raced to first in the 3,000 meters with a time of 9:58.13 in the Tyson Invitational.

Sophomore thrower Caitlin Way, from Mitchell, S.D., earned a first place finish and a new personal best in the weight throw at the Oklahoma Invitational. Her hurl of 17.82 meters/58-05.75 was enough to hold off Oklahoma's Rylee Rackley for the win.

Following the conference championships, Piliusina prepared for nationals at the Alex Wilson Invitational in South Bend, Ind., where she blazed to a school-record 2:03.46 in the 800 meters. To put that time into perspective, not only is it a new personal best for Piliusina, but it's more than three seconds faster than the second-fastest mark in school history.

INDOOR SEASON CAPSULE

FIRST-TEAM ALL-AMERICAN

Natalja Piliusina - 800 meters (2nd place)

BIG 12 CHAMPION

Natalja Piliusina - 800 meters
Kate Kujawa- DMR
Caileigh Glenn - DMR
Mihaela Bobos - DMR
Natalja Piliusina - DMR

ALL-BIG 12

Natalja Piliusina - 800 meters
Mihaela Bobos - 800 meters
Kendra Woodson - 800 meters
Caileigh Glenn - 1,000 meters
Kate Kujawa - 1 mile
Kate Kujawa- DMR
Caileigh Glenn - DMR
Mihaela Bobos - DMR
Natalja Piliusina - DMR

SCHOOL RECORDS BROKEN

Natalja Piliusina - 800 meters (2:03.46)

2011-12 INDOOR RESULTS

Dec. 10, 2011	KSU All Comers (Manhattan, Kan.)	NTS
Jan. 14, 2012	KSU Invitational (Manhattan, Kan.)	2-1
Jan. 21, 2012	JD Martin Invitational (Norman, Okla.)	NTS
Jan. 27-28, 2012	Razorback Invitational (Fayetteville, Ark.)	NTS
Feb. 10-11, 2012	Tyson Invitational (Fayetteville, Ark.)	NTS
Feb. 18, 2012	Oklahoma Invitational (Norman, Okla.)	NTS
Feb. 24-25, 2012	Big 12 Championships (College Station, Texas)	9th
March 2-3, 2012	Alex Wilson Invitational (South Bend, Ind.)	NTS
March 9-10, 2012	NCAA Championships (Nampa, Idaho)	T28th

2012 Women's Indoor Results by Meet

KSU ALL-COMERS MEET

Dec. 10, 2011 :: Kansas State University :: Manhattan, Kan.

Pl.	Athlete	Event	Mark
7	Taylor Stolt	60 Meter Dash	8.03
12	Jacy Steelman	60 Meter Dash	8.18
14	Bailey Johnson	60 Meter Dash	8.26
18	Jazmyn Wade	60 Meter Dash	8.61
19	Lexi Beal	60 Meter Dash	8.97
6	Taylor Stolt	300 Meter Dash	42.40
9	Jacy Steelman	300 Meter Dash	42.98
25	Jazmyn Wade	300 Meter Dash	47.74
6	Kim Johnson	600 Yard Run	1:33.56
11	Bailey Johnson	600 Yard Run	1:35.40
12	Lexi Beal	600 Yard Run	1:37.92
16	Stacie Hanson	600 Yard Run	1:45.18
17	Clara Telford	600 Yard Run	1:57.77
1	Adela Hofmannova	1,000 Meter Run	2:55.19
2	Alex Ervin	1,000 Meter Run	3:07.91
1	Janelle Martinez	Mile	5:22.98
3	Clara Telford	60 Meter Hurdles	9.15
12	Stacie Hanson	60 Meter Hurdles	10.00
7	Bailey Johnson	Long Jump	5.12m/16-09.75
12	Stacie Hanson	Long Jump	4.67m/15-04.00
13	Jessy Murphy	Long Jump	4.66m/15-03.50
14	Clara Telford	Long Jump	4.60m/15-01.25
15	Jacy Steelman	Long Jump	4.57m/15-00.00
16	Lexi Beal	Long Jump	4.48m/14-08.50
17	Jazmyn Wade	Long Jump	4.13m/13-06.75
2	Jessy Murphy	Triple Jump	11.34m/37-02.50
4	Jacy Steelman	Triple Jump	10.36m/34-00.00
3	Brooke Gritters	Shot Put	13.13m/43-01.00
16	Madison Allen	Shot Put	10.96m/35-11.50
19	Lexi Beal	Shot Put	9.52m/31-03.00
21	Stacie Hanson	Shot Put	9.08m/29-09.50
22	Bailey Johnson	Shot Put	8.94m/29-04.00
23	Gloria Moseley	Shot Put	8.92m/29-03.25
24	Clara Telford	Shot Put	7.71m/25-03.50
11	Caitlin Way	Weight Throw	14.71m/48-03.25
20	Jessica Lewis	Weight Throw	12.22m/40-01.25
23	Alyssa Henrichs	Weight Throw	10.82m/35-06.00

KSU INVITATIONAL

Jan. 14, 2012 :: Kansas State University :: Manhattan, Kan.

Pl.	Athlete	Event	Mark
5	Taylor Stolt	60 Meter Dash	8.07
6	Jacy Steelman	60 Meter Dash	8.20
10	Jazmyn Wade	60 Meter Dash	8.65
11	Nicki Murphy	60 Meter Dash	8.95
9	Kim Johnson	300 Meter Dash	46.43
10	Jazmyn Wade	300 Meter Dash	47.33
11	Nicki Murphy	300 Meter Dash	49.09
2	Jacy Steelman	400 Meter Run	1:02.10
3	Taylor Stolt	400 Meter Run	1:02.76
2	Mihaela Bobos	600 Yard Run	1:27.05
5	Kim Johnson	600 Yard Run	1:36.68
6	Bailey Johnson	600 Yard Run	1:36.97
7	Stacie Hanson	600 Yard Run	1:37.34
8	Lexi Beal	600 Yard Run	1:41.58
9	Clara Telford	600 Yard Run	1:55.19
1	Kate Kujawa	Mile	5:04.55
4	Janelle Martinez	Mile	5:13.61
7	Jackie Campos	Mile	5:16.51
10	Taylor Light	Mile	5:20.80
15	Chelsey Phoebus	Mile	5:30.67
5	Clara Telford	60 Meter Hurdles	9.05
8	Bailey Johnson	60 Meter Hurdles	9.30
13.	Stacie Hanson	60 Meter Hurdles	10.79
14	Lexi Beal	60 Meter Hurdles	12.62
--	Bailey Johnson	High Jump	NH
--	Clara Telford	High Jump	NH
--	Lexi Beal	High Jump	NH
--	Stacie Hanson	Hign Jump	NH
5	Taylor Stolt	Long Jump	5.10m/16-08.75
7	Jessy Murphy	Long Jump	4.91m/16-01.50
9	Jacy Steelman	Long Jump	4.86m/15-11.50
10	Nicki Murphy	Long Jump	4.85m/15-11.00
11.	Bailey Johnson	Long Jump	4.72m/15-06.00
13	Stacie Hanson	Long Jump	4.56m/14-11.50
14	Clara Telford	Long Jump	4.46m/14-07.75
15	Lexi Beal	Long Jump	4.28m/14-00.50
16	Jazmyn Wade	Long Jump	4.05m/13-03.50
3	Jessy Murphy	Triple Jump	10.36m/34-00.00
4	Jacy Steelman	Triple Jump	10.11m/33-02.00
2	Brooke Gritters	Shot Put	13.06m/42-10.25
4	Caitlin Way	Weight Throw	16.43m/53-11.00
8	Jessica Lewis	Weight Throw	13.59m/44-07.00
9	Alyssa Henrichs	Weight Throw	11.19m/36-08.50

JD MARTIN INVITATIONAL

Jan. 21, 2012 :: University of Oklahoma :: Norman, Okla.

Pl.	Athlete	Event	Mark
11	Taylor Stolt	60 Meter Dash	8.09
13	Nicki Murphy	60 Meter Dash	9.01
4	Taylor Stolt	200 Meter Dash	26.37
6	Clara Telford	60 Meter Hurdles (Prelims)	9.04
8	Bailey Johnson	60 Meter Hurdles (Prelims)	9.27
14	Stacie Hanson	60 Meter Hurdles (Prelims)	10.54
15	Lexi Beal	60 Meter Hurdles (Prelims)	11.67
6	Clara Telford	High Jump	1.58m/5-02.25
7	Stacie Hanson	High Jump	1.53m/5-00.25
1	Taylor Stolt	Long Jump	5.48m/17-11.75
12	Bailey Johnson	Long Jump	4.88m/16-00.25
14	Clara Telford	Long Jump	4.82m/15-09.75
15	Stacie Hanson	Long Jump	4.74m/15-06.75
16	Jessy Murphy	Long Jump	4.60m/15-01.25
20	Lexi Beal	Long Jump	4.08m/13-04.75
--	Nicki Murphy	Long Jump	FOUL
--	Jessy Murphy	Triple Jump	FOUL
2	Brooke Gritters	Shot Put	13.32m/43-07.00
4	Caitlin Way	Weight Throw	15.91m/52-02.50
5	Jessica Lewis	Weight Throw	14.27m/45-10.00
8	Alyssa Henrichs	Weight Throw	12.32m/40-05.00

RAZORBACK INVITATIONAL

Jan. 27-28, 2012 :: University of Arkansas :: Fayetteville, Ark.

Pl.	Athlete	Event	Mark
20	Taylor Stolt	60 Meter Dash (Prelims)	8.17
36	Taylor Stolt	200 Meter Dash	26.51
8	Mihaela Bobos	800 Meter Run (Invite)	2:12.52
5	Adela Hofmannova	800 Meter Run	2:13.96
12	Bailey Johnson	800 Meter Run (Pentathlon)	2:53.39
13	Stacie Hanson	800 Meter Run (Pentathlon)	2:57.74
15	Clara Telford	800 Meter Run (Pentathlon)	3:11.19
7	Natalja Piliusina	Mile (Invite)	4:46.84

4	Kate Kujawa	Mile	4:53.95
15	Victoria Hanna	Mile	5:17.00
13	Jackie Campos	3,000 Meter Run	9:58.77
19	Taylor Light	3,000 Meter Run	10:11.65
8	Clara Telford	60 Meter Hurdles (Pentathlon)	9.21
13	Bailey Johnson	60 Meter Hurdles (Pentathlon)	9.53
15	Stacie Hanson	60 Meter Hurdles (Pentathlon)	11.22
12	Taylor Stolt	Long Jump	5.32m/17-05.50
14	Jessy Murphy	Long Jump	5.03m/16-06.00
15	Nicki Murphy	Long Jump	4.89m/16-00.50
10.	Bailey Johnson	Long Jump (Pentathlon)	5.14m/16-10.50
11	Clara Telford	Long Jump (Pentathlon)	5.08m/16-08.00
15	Stacie Hanson	Long Jump (Pentathlon)	4.60m/15-01.25
11.	Clara Telford	High Jump (Pentathlon)	1.52m/4-11.75
12	Bailey Johnson	High Jump (Pentathlon)	1.52m/4-11.75
14	Stacie Hanson	High Jump (Pentathlon)	1.49m/4-10.50
12	Clara Telford	Shot Put (Pentathlon)	9.23m/30-03.50
13	Stacie Hanson	Shot Put (Pentathlon)	8.96m/29-04.75
15	Bailey Johnson	Shot Put (Pentathlon)	8.24m/27-00.50
8	Caitlin Way	Weight Throw	17.31m/56-09.50
14	Jessica Lewis	Weight Throw	14.23m/46-08.25
13	Bailey Johnson	Pentathlon	3,086 points
14	Clara Telford	Pentathlon	2,839 points
15	Stacie Hanson	Pentathlon	2,413 points

TYSON INVITATIONAL

Feb. 10-11, 2012 :: University of Arkansas :: Fayetteville, Ark.

Pl.	Athlete	Event	Mark
5	Caileigh Glenn	800 Meter Run	2:13.23
13	Adela Hofmannova	800 Meter Run	2:15.82
17	Kendra Woodson	800 Meter Run	2:17.19
2	Natalja Piliusina	800 Meters (Olympic Devel.)	2:05.56
15	Mihaela Bobos	800 Meters (Olympic Devel.)	2:13.61
12	Victoria Hanna	Mile	5:04.94
10	Teran Mixon	Mile Championship	5:02.10
11	Kate Kujawa	Mile Championship	5:02.12
1	Jackie Campos	3,000 Meter Run	9:58.13
39	Clara Telford	60 Meter Hurdles (Prelims)	9.20
32	Taylor Stolt	Long Jump	5.27m/17-03.50
36	Jessy Murphy	Long Jump	5.00m/16-05.00
14	Brooke Gritters	Shot Put	14.12m/46-04.00
9	Caitlin Way	Weight Throw	17.13m/56-02.50
24	Jessica Lewis	Weight Throw	13.40m/43-11.75

OKLAHOMA INVITATIONAL

Feb. 18, 2012 :: University of Oklahoma :: Norman, Okla.

Pl.	Athlete	Event	Mark
17	Kim Johnson	400 Meter Dash	1:04.74
19	Clara Telford	400 Meter Dash	1:12.16
23	Genet Loganbill	800 Meter Run	2:38.99
4	Natanya Luther	Mile	5:10.40
5	Cheley Phoebus	Mile	5:18.51
13	Laura Heaton	Mile	5:30.22
4	Jacy Steelman	Long Jump	5.21m/17-01.25
6	Clara Telford	Long Jump	4.84m/15-10.50
7	Jessy Murphy	Long Jump	4.77m/15-07.75
--	Nicki Murphy	Long Jump	FOUL
11	Brooke Gritters	Shot Put	12.31m/40-04.75
--	Clara Telford	Shot Put	ND
--	Stacie Hanson	Shot Put	ND
1	Caitlin Way	Weight Throw	17.82m/58-05.75
10	Jessica Lewis	Weight Throw	14.18m/46-06.25
--	Alyssa Henrichs	Weight Throw	FOUL

BIG 12 CHAMPIONSHIPS

Feb. 24-25, 2012 :: Texas A&M University :: College Station, Texas

Pl.	Athlete	Event	Mark
15	Clara Telford	60 Meter Dash (Pentathlon)	9.15
2	Natalja Piliusina	800 Meter Run (Prelims)	2:16.59
5	Mihaela Bobos	800 Meter Run (Prelims)	2:15.99
7	Kendra Woodson	800 Meter Run (Prelims)	2:16.50
1	Natalja Piliusina	800 Meter Run	2:07.43
6	Mihaela Bobos	800 Meter Run	2:12.02
7	Kendra Woodson	800 Meter Run	2:16.25
21	Clara Telford	800 Meter Run (Pentathlon)	3:02.51
5	Caileigh Glenn	1,000 Meter Run (Prelims)	2:50.86
10	Adela Hofmannova	1,000 Meter Run (Prelims)	2:55.70
4	Caileigh Glenn	1,000 Meter Run	2:49.50
5	Kate Kujawa	Mile (Prelims)	4:48.72
11	Victoria Hanna	Mile (Prelims)	5:00.07
12	Janelle Martinez	Mile (Prelims)	5:04.41
5	Kate Kujawa	Mile	5:00.20
10	Jackie Campos	3,000 Meter Run	9:47.47
20	Janelle Martinez	3,000 Meter Run	9:55.18
22	Victoria Hanna	3,000 Meter Run	9:57.21
1	Kate Kujawa	Distance Medley Relay	11:19.42
	Mihaela Bobos	Distance Medley Relay	
	Caileigh Glenn	Distance Medley Relay	
	Natalja Piliusina	Distance Medley Relay	
16	Clara Telford	High Jump (Pentathlon)	1.56m/5-01.25
12	Taylor Stolt	Long Jump	5.12m/16-09.75
13	Jacy Steelman	Long Jump	5.10m/16-08.75
21	Clara Telford	Long Jump (Pentathlon)	4.74m/15-06.75
14	Brooke Gritters	Shot Put	13.77m/45-02.25
14	Clara Telford	Shot Put (Pentathlon)	9.82m/32-02.75
14	Caitlin Way	Weight Throw	16.30m/53-05.75
21	Clara Telford	Pentathlon	2918 points

Team Standings

1. Texas A&M - 154 points
2. Texas - 112 points
3. Kansas - 101.33 points

T4. Baylor - 76 points

T4. Iowa State 76 points

6. Texas Tech - 63 points
7. Kansas State - 56 points
8. Oklahoma - 55.33 points
9. Oklahoma State - 31 points
10. Missouri - 29.33 points

ALEX WILSON INVITATIONAL

March 3, 2012 :: Notre Dame :: South Bend, Ind.

Pl.	Athlete	Event	Mark
2	Natalja Pilisuina	800 Meter Run	2:03.46
--	Caileigh Glenn	800 Meter Run	DNF

NCAA CHAMPIONSHIPS

March 9-10, 2012 :: Boise State :: Nampa, Idaho

Pl.	Athlete	Event	Mark
2	Natalja Piliusina	800 Meters	2:04.48
3	Natalja Piliusina	800 Meters (Prelims)	2:04.68

2012 Women's Indoor Results by Individual

LEXI BEAL

60 Meter Dash	8.97	12/10/11	KSU All-Comers
600 Yard Run	1:37.92	12/10/11	KSU All-Comers
600 Yard Run	1:41.58	1/14/12	KSU Invitational
60 Meter Hurdles	11.67	1/21/12	JD Martin Invite
60 Meter Hurdles	12.62	1/14/12	KSU Invitational
High Jump	NH	1/14/12	KSU Invitational
Long Jump	4.48m/14-08.50	12/10/11	KSU All-Comers
Long Jump	4.28m/14-00.50	1/14/12	KSU Invitational
Long Jump	4.08m/13-04.75	1/21/12	JD Martin Invite
Shot Put	9.52m/31-03.00	12/10/11	KSU All-Comers

MIHAELA BOBOS

600 Yard Run	1:27.05	1/14/12	KSU Invitational
800 Meter Run	2:12.02	2/25/12	Big 12 Championships
800 Meter Run	2:12.52	1/28/12	Razorback Invitational
800 Meter Run	2:13.61	2/11/12	Tyson Invitational
800 Meter Run (Pre)	2:15.99	2/24/12	Big 12 Championships
DMR	11:19.42	2/24/12	Big 12 Championships

JACKIE CAMPOS

Mile	5:16.51	1/14/12	KSU Invitational
3,000 Meter Run	9:47.47	2/25/12	Big 12 Championships
3,000 Meter Run	9:58.13	2/11/12	Tyson Invitational
3,000 Meter Run	9:58.77	1/28/12	Razorback Invitational

ALEX ERVIN

1,000 Meter Run	3:07.91	12/10/11	KSU All-Comers

CAILEIGH GLENN

800 Meter Run	2:13.23	2/11/12	Tyson Invitational
800 Meter Run	DNF	3/3/12	Alex Wilson Invite
1,000 Meter Run	2:49.50	2/25/12	Big 12 Championships
1,000 Meter Run (Pre)	2:50.86	2/24/12	Big 12 Championships
DMR	11:19.42	2/24/12	Big 12 Championships

BROOKE GRITTERS

Shot Put	14.12m/46-04.00	2/10/12	Tyson Invitational
Shot Put	13.77m/45-02.25	2/25/12	Big 12 Championships
Shot Put	13.32m/43-07.00	1/21/12	JD Martin Invite
Shot Put	13.13m/43-01.00	12/10/11	KSU All-Comers
Shot Put	13.06m/42-10.25	1/14/12	KSU Invitational
Shot Put	12.31m/40-04.75	2/18/12	Oklahoma Invitational

VICTORIA HANNA

Mile (Pre)	5:00.07	2/24/12	Big 12 Championships
Mile	5:04.94	2/10/12	Tyson Invitational
Mile	5:17.00	1/28/12	Razorback Invitational
3,000 Meter Run	9:57.21	2/25/12	Big 12 Championships

STACIE HANSON

600 Yard Run	1:37.34	1/14/12	KSU Invitational
600 Yard Run	1:45.18	12/10/11	KSU All-Comers
800 Meter Run	2:53.39	1/27/12	Razorback Invitational
60 Meter Hurdles	10.00	12/10/11	KSU All-Comers
60 Meter Hurdles	10.54	1/21/12	JD Martin Invite
60 Meter Hurdles	10.79	1/14/12	KSU Invitational
60 Meter Hurdles	11.22	1/27/12	Razorback Invitational
High Jump	1.53m/5-00.25	1/21/12	JD Martin Invite
High Jump	1.49m/4-10.50	1/27/12	Razorback Invitational
High Jump	NH	1/14/12	KSU Invitational
Long Jump	4.74m/15-06.75	1/21/12	JD Martin Invite
Long Jump	4.67m/15-04.00	12/10/11	KSU All-Comers
Long Jump	4.60m/15-01.25	1/27/12	Razorback Invitational
Long Jump	4.56m/14-11.50	1/14/12	KSU Invitational
Shot Put	9.08m/29-09.50	12/10/11	KSU All-Comers
Shot Put	8.96m/29-04.75	1/27/12	Razorback Invitational
Shot Put	ND	2/18/12	Oklahoma Invitational
Pentathlon	2,413 points	1/27/12	Razorback Invitational

LAURA HEATON

Mile	5:30.22	2/18/12	Oklahoma Invitational

ALYSSA HENRICHS

Weight Throw	12.32m/40-05.00	1/21/12	JD Martin Invite
Weight Throw	11.19m/36-08.50	1/14/12	KSU Invitational
Weight Throw	10.82m/35-06.00	12/10/11	KSU All-Comers
Weight Throw	FOUL	2/18/12	Oklahoma Invitational

ADELA HOFMANNOVA

800 Meter Run	2:13.96	1/28/12	Razorback Invitational
800 Meter Run	2:15.82	2/11/12	Tyson Invitational
1,000 Meter Run	2:55.19	12/10/11	KSU All-Comers
1,000 Meter Run (Pre)	2:55.70	2/24/12	Big 12 Championships

BAILEY JOHNSON

60 Meter Dash	8.26	12/10/11	KSU All-Comers
600 Yard Run	1:35.40	12/10/11	KSU All-Comers
600 Yard Run	1:36.97	1/14/12	KSU Invitational
800 Meter Run	2:53.39	1/27/12	Razorback Invitational
60 Meter Hurdles	9.27	1/21/12	JD Martin Invite
60 Meter Hurdles	9.30	1/14/12	KSU Invitation
60 Meter Hurdles	9.53	1/27/12	Razorback Invitational
High Jump	1.52m/4-11.75	1/27/12	Razorback Invitational
High Jump	NH	1/14/12	KSU Invitational
Long Jump	5.14m/16-10.50	1/27/12	Razorback Invitational
Long Jump	5.12m/16-09.75	12/10/11	KSU All-Comers
Long Jump	4.88m/16-00.25	1/21/12	JD Martin Invite
Long Jump	4.72m/15-06.00	1/14/12	KSU Invitational
Shot Put	8.94m/29-04.00	12/10/11	KSU All-Comers
Shot Put	8.24m/27-00.50	1/27/12	Razorback Invitational
Pentathlon	3,086 points	1/27/12	Razorback Invitational

KIM JOHNSON

300 Meter Dash	46.43	1/14/12	KSU Invitational
400 Meter Dash	1:04.74	2/18/12	Oklahoma Invitational
600 Yard Run	1:33.56	12/10/11	KSU All-Comers
600 Yard Run	1:36.68	1/14/12	KSU Invitational

KATE KUJAWA

Mile (Pre)	4:48.72	2/24/12	Big 12 Championships
Mile	4:53.95	1/28/12	Razorback Invitational
Mile	5:00.20	2/25/12	Big 12 Championships
Mile	5:02.12	2/10/12	Tyson Invitational
Mile	5:04.55	1/14/12	KSU Invitational
DMR	11:19.42	2/24/12	Big 12 Championships

JESSICA LEWIS

Weight Throw	14.27m/45-10.00	1/21/12	JD Martin Invite
Weight Throw	14.23m/56-09.50	1/28/12	Razorback Invitational
Weight Throw	14.18m/46-06.25	2/18/12	Oklahoma Invitational
Weight Throw	13.59m/44-07.00	1/14/12	KSU Invitational
Weight Throw	13.40m/43-11.75	2/11/12	Tyson Invitational
Weight Throw	12.22m/40-01.25	12/10/11	KSU All-Comers

TAYLOR LIGHT

Mile	5:20.80	1/14/12	KSU Invitational
3,000 Meter Run	10:11.65	1/28/12	Razorback Invitational

2012 WOMEN'S INDOOR RESULTS

GENET LOGANBILL

800 Meter Run	2:38.99	2/18/12	Oklahoma Invitational

NATANYA LUTHER

Mile	5:10.40	2/18/12	Oklahoma Invitational

JANELLE MARTINEZ

Mile (Pre)	5:04.41	2/24/12	Big 12 Championships
Mile	5:13.61	1/14/12	KSU Invitational
Mile	5:22.98	12/10/11	KSU All-Comers
3,000 Meter Run	9:55.18	2/25/12	Big 12 Championships

TERAN MIXON

Mile	5:02.10	2/10/11	Tyson Invitational

GLORIA MOSELEY

Shot Put	8.92m/29-03.25	12/10/11	KSU All-Comers

JESSY MURPHY

Long Jump	5.03m/16-06.00	1/28/12	Razorback Invitational
Long Jump	5.00m/16-05.00	2/10/12	Tyson Invitational
Long Jump	4.91m/16-01.50	1/14/12	KSU Invitational
Long Jump	4.77m/10-07.75	2/18/12	Oklahoma Invitational
Long Jump	4.66m/15-03.50	12/10/11	KSU All-Comers
Long Jump	4.60m/15-01.25	1/21/12	JD Martin Invite
Triple Jump	11.34m/37-02.50	12/10/11	KSU All-Comers
Triple Jump	10.36m/34-00.00	1/14/12	KSU Invitational
Triple Jump	FOUL	1/21/12	JD Martin Invite

NICKI MURPHY

60 Meter Dash	8.95	1/14/12	KSU Invitational
60 Meter Dash	9.01	1/21/12	JD Martin Invite
300 Meter Dash	49.09	1/14/12	KSU Invitational
Long Jump	4.89m/16-00.50	1/27/12	Razorback Invitational
Long Jump	4.85m/15-11.00	1/14/12	KSU Invitational
Long Jump	FOUL	1/21/12	JD Martin Invite
Long Jump	FOUL	2/18/12	Oklahoma Invitational

CHELSEY PHOEBUS

Mile	5:30.22	2/18/12	Oklahoma Invitational
Mile	5:30.67	1/14/12	KSU Invitational

NATALJA PILIUSINA

800 Meter Run	2:03.46	3/3/12	Alex Wilson Invite
800 Meter Run	2:04.48	3/10/12	NCAA Championships
800 Meter Run (Pre)	2:04.68	3/9/12	NCAA Championships
800 Meter Run	2:05.56	2/11/12	Tyson Invitational
800 Meter Run	2:07.43	2/25/12	Big 12 Championships
800 Meter Run (Pre)	2:16.59	2/24/12	Big 12 Championships
Mile	4:46.84	1/28/12	Razorback Invitational
DMR	11:19.42	2/24/12	Big 12 Championships

JACY STEELMAN

60 Meter Dash	8.18	12/10/11	KSU All-Comers
60 Meter Dash	8.20	1/14/12	KSU Invitational
300 Meter Dash	42.98	12/10/11	KSU All-Comers
400 Meter Run	1:02.10	1/14/12	KSU Invitational
Long Jump	5.21m/17-01.25	2/18/12	Oklahoma Invitational
Long Jump	5.10m/16-08.75	2/24/12	Big 12 Championships
Long Jump	4.86m/15-11.50	1/14/12	KSU Invitational
Long Jump	4.57m/15-00.00	12/10/11	KSU All-Comers
Triple Jump	10.36m/34-00.00	12/10/11	KSU All-Comers
Triple Jump	10.11m/33-02.00	1/12/12	KSU Invitational

TAYLOR STOLT

60 Meter Dash	8.03	12/10/11	KSU All-Comers
60 Meter Dash	8.07	1/14/12	KSU Invitational
60 Meter Dash	8.09	1/21/12	JD Martin Invite
60 Meter Dash	8.17	1/27/12	Razorback Invitational
200 Meter Dash	26.37	1/21/12	JD Martin Invite
200 Meter Dash	26.51	1/27/12	Razorback Invitational
300 Meter Dash	42.40	12/10/11	KSU All-Comers
400 Meter Run	1:02.76	1/14/12	KSU Invitational
Long Jump	5.48m/17-11.75	1/21/12	JD Martin Invite
Long Jump	5.32m/17-05.50	1/27/12	Razorback Invitational
Long Jump	5.27m/17-03.50	2/10/12	Tyson Invitational
Long Jump	5.12m/16-09.75	2/24/12	Big 12 Championships
Long Jump	5.10m/16-08.75	1/14/12	KSU Invitational

CLARA TELFORD

60 Meter Dash	8.97	2/24/12	Big 12 Championships
400 Meter Dash	1:12.16	2/18/12	Oklahoma Invitational
600 Yard Run	1:55.19	1/14/12	KSU Invitational
600 Yard Run	1:57.77	12/10/11	KSU All-Comers
800 Meter Run	3:02.51	2/24/12	Big 12 Championships
800 Meter Run	3:11.19	1/27/12	Razorback Invitational
60 Meter Hurdles	9.04	1/21/12	JD Martin Invite
60 Meter Hurdles	9.05	1/14/12	KSU Invitational
60 Meter Hurdles	9.15	12/10/11	KSU All-Comers
60 Meter Hurdles	9.20	2/10/12	Tyson Invitational
60 Meter Hurdles	9.21	1/27/12	Razorback Invitational
High Jump	1.58m/5-02.25	1/21/12	JD Martin Invite
High Jump	1.56m/5-01.25	2/24/12	Big 12 Championships
High Jump	1.52m/4-11.75	1/27/12	Razorback Invitational
High Jump	NH	1/14/12	KSU Invitational
Long Jump	5.08m/16-08.00	1/27/12	Razorback Invitational
Long Jump	4.84m/15-10.50	2/18/12	Oklahoma Invitational
Long Jump	4.82m/15-09.75	1/21/12	JD Martin Invite
Long Jump	4.74m/15-06.75	2/24/12	Big 12 Championships
Long Jump	4.60m/15-01.25	12/10/11	KSU All-Comers
Long Jump	4.46m/14-07.75	1/14/12	KSU Invitational
Shot Put	9.82m/32-02.75	2/24/12	Big 12 Championships
Shot Put	9.23m/30-03.50	1/27/12	Razorback Invitational
Shot Put	7.71m/25-03.50	12/10/11	KSU All-Comers
Shot Put	ND	2/18/12	Oklahoma Invitational
Pentathlon	2,918 points	2/24/12	Big 12 Championships
Pentathlon	2,839 points	1/27/12	Razorback Invitational

JAZMYN WADE

60 Meter Dash	8.61	12/10/11	KSU All-Comers
60 Meter Dash	8.65	1/14/12	KSU Invitational
300 Meter Dash	47.33	1/14/12	KSU Invitational
300 Meter Dash	47.74	12/10/11	KSU All-Comers
Long Jump	4.13m/13-06.75	12/10/11	KSU All-Comers
600 Yard Run	4.05m/13-03.50	1/14/12	KSU Invitational

CAITLIN WAY

Weight Throw	17.82m/58-05.75	2/18/12	Oklahoma Invitational
Weight Throw	17.31m/56-09.50	1/28/12	Razorback Invitational
Weight Throw	17.13m/56-02.50	2/11/12	Tyson Invitational
Weight Throw	16.43m/53-11.00	1/14/12	KSU Invitational
Weight Throw	16.30m/53-05.75	2/24/12	Big 12 Championships
Weight Throw	15.91m/52-02.50	1/21/12	JD Martin Invite
Weight Throw	14.71m/48-03.25	12/10/11	KSU All-Comers

KENDRA WOODSON

800 Meter Run	2:16.25	2/25/12	Big 12 Championships
800 Meter Run (Pre)	2:16.50	2/24/12	Big 12 Championships
800 Meter Run	2:17.19	2/11/12	Tyson Invitational

2012 Women's Indoor Bests

60 METERS

Mark	Athlete	Meet
8.03	Taylor Stolt	KSU All Comers
8.18	Jacy Steelman	KSU All Comers
8.26	Bailey Johnson	KSU All Comers
8.61	Jazmyn Wade	KSU All Comers
8.95	Nicki Murphy	KSU Invitational
8.97	Clara Telford	Big 12 Championships
8.97	Lexi Beal	KSU All Comers

200 METERS

Mark	Athlete	Meet
26.37	Taylor Stolt	JD Martin Invitational

300 METERS

Mark	Athlete	Meet
42.40	Taylor Stolt	KSU All Comers
42.98	Jacy Steelman	KSU All Comers
46.43	Kim Johnson	KSU Invitational
47.33	Jazmyn Wade	KSU Invitational
49.09	Nicki Murphy	KSU Invitational

400 METERS

Mark	Athlete	Meet
1:02.10	Jacy Steelman	KSU Invitational
1:02.76	Taylor Stolt	KSU Invitational
1:04.74	Kim Johnson	Oklahoma Invitational
1:12.16	Clara Telford	Oklahoma Invitational

600 YARDS

Mark	Athlete	Meet
1:27.05	Mihaela Bobos	KSU Invitational
1:33.56	Kim Johnson	KSU All Comers
1:35.40	Bailey Johnson	KSU All Comers
1:37.34	Stacie Hanson	KSU Invitational
1:37.92	Lexi Beal	KSU All Comers
1:55.19	Clara Telford	KSU Invitational

800 METERS

Mark	Athlete	Meet
2:03.46	Natalja Piliusina	Alex Wilson Invitational
2:12.22	Mihaela Bobos	Big 12 Championships
2:13.23	Caileigh Glenn	Tyson Invitational
2:13.96	Adela Hofmannova	Razorback Invitational
2:16.25	Kendra Woodson	Big 12 Championships
2:38.99	Genet Loganbill	Oklahoma Invitational
2:53.39	Bailey Johnson	Razorback Invitational
2:57.74	Stacie Hanson	Razorback Invitational
3:02.51	Clara Telford	Big 12 Championships

1,000 METERS

Mark	Athlete	Meet
2:49.50	Caileigh Glenn	Big 12 Championships
2:55.19	Adela Hofmannova	KSU All Comers
3:07.91	Alex Ervin	KSU All Comers

MILE

Mark	Athlete	Meet
4:46.84	Natalja Piliusina	Razorback Invitational
4:48.72	Kate Kujawa	Big 12 Championships
5:00.20	Victoria Hanna	Big 12 Championships
5:02.07	Teran Mixon	Tyson Invitational
5:04.41	Janelle Martinez	Big 12 Championships
5:10.40	Natanya Luther	Oklahoma Invitational
5:16.51	Jackie Campos	KSU Invitational
5:18.51	Chelsey Phoebus	Oklahoma Invitational
5:20.80	Taylor Light	KSU Invitational
5:30.22	Laura Heaton	Oklahoma Invitational

3,000 METERS

Mark	Athlete	Meet
9:47.47	Jackie Campos	Big 12 Championships
9:55.18	Janelle Martinez	Big 12 Championships
9:57.21	Victoria Hanna	Big 12 Championships
10:11.65	Taylor Light	Razorback Invitational

60 METER HURDLES

Mark	Athlete	Meet
9.04	Clara Telford	JD Martin Invitational
9.27	Bailey Johnson	JD Martin Invitational
10.00	Stacie Hanson	KSU All Comers
11.67	Lexi Beal	JD Martin Invitational

HIGH JUMP

Mark	Athlete	Meet
1.58m/5-02.25	Clara Telford	JD Martin Invitational
1.53m/5-00.25	Stacie Hanson	JD Martin Invitational
1.52m/4-11.75	Bailey Johnson	Razorback Invitational

LONG JUMP

Mark	Athlete	Meet
5.48m/17-11.75	Taylor Stolt	JD Martin Invitational
5.21m/17-01.25	Jacy Steelman	Oklahoma Invitational
5.14m/16-10.50	Bailey Johnson	Razorback Invitational
5.08m/16-08.00	Clara Telford	Razorback Invitational
5.03m/16-06.00	Jessy Murphy	Razorback Invitational
4.89m/16-00.50	Nicki Murphy	Razorback Invitational
4.74m/15-06.75	Stacie Hanson	JD Martin Invitational
4.48m/14-08.50	Lexi Beal	KSU All Comers
4.13m/13-06.75	Jazmyn Wade	KSU All Comers

TRIPLE JUMP

Mark	Athlete	Meet
11.34m/37-02.50	Jessy Murphy	KSU All Comers
10.36m/34-00.00	Jacy Steelman	KSU All Comers

WEIGHT THROW

Mark	Athlete	Meet
17.82m/58-05.75	Caitlin Way	Oklahoma Invitational
14.27m/45-10.00	Jessica Lewis	JD Martin Invitational
12.32m/40-05.00	Alyssa Henrichs	JD Martin Invitational

SHOT PUT

Mark	Athlete	Meet
14.12m/46-04.00	Brooke Gritters	Tyson Invitational
9.82m/32-02.75	Clara Telford	Big 12 Championships
9.52m/31-03.00	Lexi Beal	KSU All Comers
9.08m/29-09.50	Stacie Hanson	KSU All Comers
8.94m/29-04.00	Bailey Johnson	KSU All Comers
8.92m/29-03.25	Gloria Moseley	KSU All Comers

PENTATHLON

Mark	Athlete	Meet
3,086 points	Bailey Johnson	Razorback Invitational
2,918 points	Clara Telford	Big 12 Championships
2,413 points	Stacie Hanson	Razorback Invitational

DISTANCE MEDLEY RELAY

Mark	Athlete	Meet
11:19.42	Kujawa, Bobos	Big 12 Championships
	Glenn, Piliusina	

YOUNG, PILIUSINA LEAD COWGIRLS IN OUTDOOR SLATE

Glenn, Joudeskaite, Kujawa, Mixon, Way have All-Big 12 performances.

The 2012 outdoor season was one of intrigue for Oklahoma State.

Could high school national high jump record-holder Toni Young succeed after focusing her attention on basketball for the first two and a half years of her time in college?

Could Natalja Piliusina break through and take control of her top two events, the 800 meters and the 1,500 meters?

The answer to the question surrounding Young was a resounding yes. Young became the first Cowgirl ever to earn All-America recognition in the high jump after her fifth-place finish at the NCAA Championships. Young's best jump of 1.87 meters/6-01.50 at nationals also set a new school record at OSU, and it automatically qualified her to compete at the U.S. Olympic Trials.

Young also turned in an All-Big 12 performance after finishing second at the conference championships. She recorded a jump of 1.86 meters/6-01.25, which tied Shanay Briscoe of Texas, but because Young missed one attempt on a previous height and Briscoe missed none, Briscoe won the title.

As for Piliusina, it was a dominant season capped by a bitter trip to the NCAA Championships.

Piliusina won her fourth-consecutive Big 12 title in the 800 meters (two indoors, two outdoors), after running a 2:05.23 in the final race to strengthen her status as the Big 12's 800 meter queen.

She shattered the school record and ran the fastest 1,500 meter time in the nation when she clocked a 4:09.51 at the Payton Jordan Invitational in April. That time put her in favorable position to compete for her native Lithuania at the 2012 Summer Olympics in London.

She claimed the NCAA West Regional crown in the 1,500 meters, beating second-ranked Katie Flood of Washington in the race, and seemed destined to claim a national title, but it was not meant to be. Piliusina ran the NCAA championship race with the lead pack for most of the way before falling back in the last 250 meters to finish 10th.

Joining Young and Piliusina at the NCAA Championships was steeplechaser Kate Kujawa, who secured honorable mention All-America honors with an 18th-place finish in 10:34.47. The Big 12 runner-up in the event, Kujawa turned heads just by making the NCAA Championships. She cranked out a personal-best 10:25.01 at the NCAA West Regional to muscle her way in to the NCAA Championships field.

While Piliusina's Big 12 title in the 800 meters and Young's and Kujawa's runner-up finishes in the high jump and steeplechase, respectively, provided the highlight for OSU at the conference meet, they were not alone on the list of Cowgirl All-Big 12 performers.

Sophomore Caileigh Glenn and senior Teran Mixon placed fifth and sixth, respectively, in the 1,500 meters. Glenn ran a 4:31.64 while Mixon finished right behind her with a time of 4:31.99.

Caitlin Way had a strong showing in the hammer throw, placing sixth with a 55.97 meter/183-07-effort. Freshman Monika Juodeskaite was the final Cowgirl to earn the All-Big 12 tag after placing seventh in the 5,000 meters with a personal best time of 16:47.59.

OUTDOOR SEASON CAPSULE

FIRST-TEAM ALL-AMERICAN
Toni Young - High Jump

SECOND-TEAM ALL-AMERICAN
Natalja Piliusina - 1,500 meters

THIRD-TEAM ALL-AMERICA
Kate Kujawa - 3,000 meter steeplechase

BIG 12 CHAMPION
Natalja Piliusina - 800 meters

ALL-BIG 12
Natalja Piliusina - 800 meters
Caileigh Glenn - 1,500 meters
Teran Mixon - 1,500 meters
Monika Juodeskaite - 5,000 meters
Kate Kujawa - 3,000 meter steeplechase
Toni Young - High jump
Caitlin Way - Hammer throw

SCHOOL RECORDS BROKEN
Natalja Piliusina - 800 meters (2:02.12)
Natalja Piliusina - 1,500 meters (4:09.51)
Toni Young - High jump (1.87m/6-01.50)

The 2012 Cowgirls put their marks all over the top 10 in the OSU record book. Overall, nine top-10 spots were claimed, including Piliusina's and Young's school records.

Way registered the third-best hammer throw in OSU history with a heave of 57.34 meters/188-01 at the John McDonnell Invitational. Brooke Gritters set the No. 4 spot in the shot put with a throw of 14.55 meters/47-09.00 at the Big 12 Championships.

Kujawa, along with her fifth spot in the 3,000 meter steeplechase, also recorded the sixth-fastest 1,500-meter time when she ran a 4:22.60 at the Payton Jordan Invitational. She owns the No. 9 3,000 meter spot as well, after clocking a 9:58.28 at the Tulsa Duels.

Glenn finished right behind Kujawa in the 1,500 meters at the Payton Jordan, clocking a 4:22.70, which is the seventh-fastest time in OSU history. She also set the No. 10 time in the 800 meters when she ran 2:10.75 at the Stanford Invitational.

2012 OUTDOOR RESULTS

March 17, 2012	Tulsa Duels (Tulsa, Okla.)	3-2
March 28-31, 2012	Texas Relays (Austin, Texas)	NTS
April 6-7, 2012	Stanford Invitational (Palo Alto, Calif.)	NTS
April 6-7, 2012	Don Kirby Invitational (Albuquerque, N.M.)	NTS
April 14, 2012	John Jacobs Invitational (Norman, Okla.)	NTS
April 20-21, 2012	John McDonnell Invitational (Fayetteville, Ark.)	NTS
April 29, 2012	Payton Jordan Invitational (Palo Alto, Calif.)	NTS
May 4, 2012	Arkansas Twilight (Fayetteville, Ark.)	NTS
May 11-13, 2012	Big 12 Championships (Manhattan, Kan.)	10th
May 24-26, 2012	NCAA West Preliminary Rounds (Austin, Texas)	NTS
June 6-9, 2012	NCAA Championships (Des Moines, Iowa)	T50th

Toni Young became Oklahoma State's first-ever women's high jump All-American.

2012 Women's Outdoor Results by Meet

TULSA DUELS

March 17, 2012 :: Tulsa University :: Tulsa, Okla.

Pl.	Athlete	Event	Mark
4	Kim Johnson	400 Meter Run	1:04.10
1	Caileigh Glenn	800 Meter Run	2:16.03
3	Adela Hofmannova	800 Meter Run	2:18.74
4	Kendra Woodson	800 Meter Run	2:20.98
1	Teran Mixon	1,500 Meter Run	4:38.27
5	Victoria Hanna	1,500 Meter Run	4:40.80
6	Natanya Luther	1,500 Meter Run	4:43.13
7	Janelle Martinez	1,500 Meter Run	4:43.85
8	Jackie Campos	1,500 Meter Run	4:52.63
9	Chelsey Phoebus	1,500 Meter Run	4:58.51
1	Kate Kujawa	3,000 Meter Run	9:58.28
3	Victoria Fratczak	3,000 Meter Run	10:20.69
7	Taylor Light	3,000 Meter Run	10:36.62
12	Laura Heaton	3,000 Meter Run	10:52.98
3	Clara Telford	100 Meter Hurdles	15.11
5	Taylor Stolt	Long Jump	5.51m/18-00.9
9	Jacy Steelman	Long Jump	4.95m/16-02.9
6	Madison Allen	Javelin Throw	25.76m/84-06.2
8	Brooke Gritters	Discus Throw	45.88m/150-06.3
15	Gloria Moseley	Discus Throw	36.16m/118-07.6
3	Caitlin Way	Hammer Throw	51.75m/169-09.4

TEXAS RELAYS

March 28-31, 2012 :: University of Texas :: Austin, Texas

Pl.	Athlete	Event	Mark
10	Brooke Gritters	Discus Throw	44.49m/145-11

STANFORD INVITATIONAL

April 6-7, 2012 :: Stanford University :: Palo Alto, Calif.

Pl.	Athlete	Event	Mark
3	Natalja Piliusina	800 Meter Run	2:04.01
28	Caileigh Glenn	800 Meter Run	2:10.75
60	Kendra Woodson	800 Meter Run	2:15.40
67	Mihaela Bobos	800 Meter Run	2:18.84
2	Natalja Piliusina	1,500 Meter Run (Section 1)	4:14.35
8	Caileigh Glenn	1,500 Meter Run (Section 3)	4:24.97
15	Natanya Luther	1,500 Meter Run (Section 4)	4:43.48
12	Adela Hofmannova	1,500 Meter Run (Section 5)	4:36.50
18.	Monika Juodeskaite	5,000 Meter Run (Section 3)	16:52.93
--	Teran Mixon	5,000 Meter Run (Section 3)	DNF
9	Victoria Fratczak	5,000 Meter Run (Section 4)	16:50.71
11	Victoria Hanna	5,000 Meter Run (Section 4)	16:53.50
9	Jackie Campos	5,000 Meter Run (Section 5)	16:56.24
12	Janelle Martinez	5,000 Meter Run (Section 5)	16:58.37
--	Taylor Light	10,000 Meter Run (Section 2)	DNF
40	Clara Telford	100 Meter Hurdles (Prelims)	15.37
4	Kate Kujawa	3,000 Meter Steeplechase	10:27.15
7	Taylor Stolt	Long Jump	5.44m/17-10.25
10	Jacy Steelman	Long Jump	5.19m/17-00.50

DON KIRBY INVITATIONAL

April 6-7, 2012 :: University of New Mexico :: Albuquerque, N.M.

Pl.	Athlete	Event	Mark
3	Brooke Gritters	Shot Put	13.55m/44-05.50
2	Brooke Gritters	Discus Throw	46.26m/151-09
13	Gloria Moseley	Discus Throw	36.51m/119-09
--	Caitlin Way	Hammer Throw	FOUL

JOHN JACOBS INVITATIONAL

April 14, 2012 :: University of Oklahoma :: Norman, Okla.

Pl.	Athlete	Event	Mark
15	Alex Ervin	800 Meter Run	2:36.13
4	Chelsey Phoebus	1,500 Meter Run	4:51.93
9	Laura Heaton	1,500 Meter Run	5:08.77
13	Aven Sanders	1,500 Meter Run	5:49.19
5	Clara Telford	100 Meter Hurdles	15.25
3	Taylor Stolt	Long Jump	5.75m/18-10.50
9	Jacy Steelman	Long Jump	4.83m/15-10.25
--	Nicki Murphy	Long Jump	FOUL
2	Jacy Steelman	Triple Jump	10.85m/35-07.25
4	Brooke Gritters	Shot Put	13.83m/45-04.50
6	Madison Allen	Javelin Throw	27.39m/89-10
7	Brooke Gritters	Discus Throw	46.70m/153-02
13	Gloria Moseley	Discus Throw	39.78m/130-06
2	Caitlin Way	Hammer Throw	56.33m/184-10
8	Jessica Lewis	Hammer Throw	41.16m/135-00

Kate Kujawa hit a personal best in the 3,000-meter steeplechase at the NCAA West Regional to earn a berth at nationals.

JOHN MCDONNELL INVITATIONAL

April 20-21, 2012 :: University of Arkansas :: Fayetteville, Ark.

Pl.	Athlete	Event	Mark
8	Caileigh Glenn	800 Meter Run	2:11.31
16	Mihaela Bobos	800 Meter Run	2:17.83
--	Natalja Piliusina	800 Meter Run	DNF
1	Kate Kujawa	1,500 Meter Run	4:25.02
7	Teran Mixon	1,500 Meter Run	4:29.63
9	Monika Juodeskaite	1,500 Meter Run	4:31.10
11	Janelle Martinez	1,500 Meter Run	4:36.17
14	Victoria Fratczak	1,500 Meter Run	4:37.59
15	Natanya Luther	1,500 Meter Run	4:39.63
16	Kendra Woodson	1,500 Meter Run	4:39.98
18	Victoria Hanna	1,500 Meter Run	4:44.92
21	Chelsey Phoebus	1,500 Meter Run	4:54.37
24	Taylor Light	1,500 Meter Run	4:57.74
--	Natalja Piliusina	1,500 Meter Run	DNF
--	Caileigh Glenn	1,500 Meter Run	DNF
16	Clara Telford	100 Meter Hurdles	14.92
1	Toni Young	High Jump	1.78m/5-10.00
5	Taylor Stolt	Long Jump	5.72m/18-09.25
--	Nicki Murphy	Long Jump	FOUL
--	Jacy Steelman	Long Jump	FOUL
7	Clara Telford	Triple Jump	10.84m/35-06.75
10	Jacy Steelman	Triple Jump	10.23m/33-06.75
3	Brooke Gritters	Shot Put	13.77m/45-02.25
1	Brooke Gritters	Discus Throw	45.76m/150-01
7	Gloria Moseley	Discus Throw	40.37m/132-05
1	Caitlin Way	Hammer Throw	57.34m/188-01

PAYTON JORDAN INVITATIONAL

April 29, 2012 :: Stanford University :: Palo Alto, Calif.

Pl.	Athlete	Event	Mark
5	Natalja Piliusina	1,500 Meter Run (Section 1)	4:09.51
1	Kate Kujawa	1,500 Meter Run (Section 5)	4:22.60
2	Caileigh Glenn	1,500 Meter Run (Section 5)	4:22.77
7	Teran Mixon	1,500 Meter Run (Section 5)	4:28.85
2	Toni Young	High Jump	1.84m/6-00.50

ARKANSAS TWILIGHT

May 4, 2012 :: University of Arkansas :: Fayetteville, Ark.

Pl.	Athlete	Event	Mark
6	Mihaela Bobos	800 Meter Run	2:16.27
7	Kendra Woodson	800 Meter Run	2:17.07
3	Monika Juodeskaite	1,500 Meter Run	4:28.57
7	Victoria Fratczak	1,500 Meter Run	4:32.49
8	Victoria Hanna	1,500 Meter Run	4:32.54
12	Chelsey Phoebus	1,500 Meter Run	4:44.03
19	Natanya Luther	1,500 Meter Run	5:01.68
5	Taylor Light	3,000 Meter Run	10:54.26
6	Laura Heaton	3,000 Meter Run	10:55.81
6	Clara Telford	Triple Jump	11.17m/36-07.75
8	Jacy Steelman	Triple Jump	10.75m/35-03.25
1	Toni Young	High Jump	1.80m/5-10.75
1	Brooke Gritters	Shot Put	14.19m/46-06.75
3	Brooke Gritters	Discus Throw	48.38m/158-09
6	Gloria Moseley	Discus Throw	39.95m/131-01
2	Caitlin Way	Hammer Throw	54.64m/179-03

2012 WOMEN'S OUTDOOR RESULTS

BIG 12 CHAMPIONSHIPS

May 11-13, 2012 :: Kansas State University :: Manhattan, Kan.

Pl.	Athlete	Event	Mark
2	Natalja Piliusina	800 Meter Run (Prelims)	2:07.39
16	Mihaela Bobos	800 Meter Run (Prelims)	2:15.42
1	Natalja Piliusina	800 Meter Run (Final)	2:05.23
6	Caileigh Glenn	1,500 Meter Run (Prelims)	4:30.31
8	Teran Mixon	1,500 Meter Run (Prelims)	4:30.94
11	Monika Juodeskaite	1,500 Meter Run (Prelims)	4:32.97
16	Janelle Martinez	1,500 Meter Run (Prelims)	4:39.56
19	Chelsey Phoebus	1,500 Meter Run (Prelims)	4:49.44
5	Caileigh Glenn	1,500 Meter Run (Final)	4:31.64
6	Teran Mixon	1,500 Meter Run (Final)	4:31.99
7	Monika Juodeskaite	5,000 Meter Run	16:47.59
10	Victoria Fratczak	5,000 Meter Run	17:03.88
12	Victoria Hanna	5,000 Meter Run	17:10.37
13	Janelle Martinez	5,000 Meter Run	17:14.10
--	Teran Mixon	5,000 Meter Run	DNF
2	Kate Kujawa	3,000 Meter Steeplechase	10:35.29
2	Toni Young	High Jump	1.86m/6-01.25
9	Taylor Stolt	Long Jump	5.50m/18-00.50
17	Brooke Gritters	Shot Put	14.55m/47-09.00
11	Brooke Gritters	Discus Throw	45.52m/149-04
6	Caitlin Way	Hammer Throw	55.97m/183-07

Team Standings

1. Texas - 139 points
2. Kansas - 129.50 points
3. Texas A&M - 128.50 points
4. Baylor - 72 points
5. Texas Tech - 71 points
6. Oklahoma - 63 points
7. Missouri - 60 points
8. Iowa State - 58 points
9. Kansas State - 58 points
10. Oklahoma State - 38 points

USATF OXY HIGH PERFORMANCE MEET

May 18, 2012 :: Occidental College :: Los Angeles, Calif.

Pl.	Athlete	Event	Mark
10	Natalja Piliusina	1,500 Meter Run	4:13.95

NCAA WEST PRELIMINARY ROUNDS

May 24-26, 2012 :: University of Texas :: Austin, Texas

Pl.	Athlete	Event	Mark
1	Natalja Piliusina	1,500 Meter Run (Pre, Heat 4)	4:29.43
11	Caileigh Glenn	1,500 Meter Run (Pre, Heat 4)	4:48.45
2	Natalja Piliusina	1,500 Meter Run	4:16.61
5	Kate Kujawa	3,000 Meter SC (Heat 1)	10:25.01
T1	Toni Young	High Jump	1.80m/5-10.75
28	Caitlin Way	Hammer Throw	57.59m/188-11

NCAA CHAMPIONSHIPS

June 6-9, 2012 :: Drake University :: Des Moines, Iowa

Pl.	Athlete	Event	Mark
3	Natalja Piliusina	1,500 Meter Run (Semis)	4:12.55
10	Natalja Piliusina	1,500 Meter Run (Finals)	4:18.74
18	Kate Kujawa	3,000 Meter SC	10:34.47
5	Toni Young	High Jump	1.87m/6-01.50

Natalja Piliusina won Big 12 titles in the 800 meters and the 1,500 meters. Her 4:09.51 in the 1,500 meters was the fastest time in the nation in 2012.

2012 Women's Outdoor Results by Individual

MADISON ALLEN

Javelin Throw	27.39m/89-10	4/14/12	John Jacobs Invite
Javelin Throw	25.76m/84-06.2	3/17/12	Tulsa Duels

MIHAELA BOBOS

800 Meter Run (Pre)	2:15.42	5/12/12	Big 12 Championships
800 Meter Run	2:16.27	5/4/12	Arkansas Twilight
800 Meter Run	2:17.83	4/21/12	John McDonnell Invite
800 Meter Run	2:18.84	4/7/12	Stanford Invitational

JACKIE CAMPOS

1,500 Meter Run	4:52.63	3/17/12	Tulsa Duels
5,000 Meter Run	16:56.24	4/6/12	Stanford Invitational

ALEX ERVIN

800 Meter Run	2:36.13	14/14/12	John Jacobs Invite

VICTORIA FRATCZAK

1,500 Meter Run	4:32.49	5/4/12	Arkansas Twilight
1,500 Meter Run	4:37.59	4/21/12	John McDonnell Invite
3,000 Meter Run	10:20.69	3/17/12	Tulsa Duels
5,000 Meter Run	16:50.71	4/6/12	Stanford Invtiational
5,000 Meter Run	17:03.88	5/13/12	Big 12 Championships

CAILEIGH GLENN

800 Meter Run	2:10.75	4/7/12	Stanford Invitational
800 Meter Run	2:11.31	4/21/12	John McDonnell Invite
800 Meter Run	2:16.30	3/17/12	Tulsa Duels
1,500 Meter Run	4:22.77	4/29/12	Payton Jordan Invite
1,500 Meter Run	4:24.97	4/6/12	Stanford Invitational
1,500 Meter Run (Pre)	4:30.31	4/12/12	Big 12 Championships
1,500 Meter Run (Final)	4:31.64	5/13/12	Big 12 Championships
1,500 Meter Run	4:48.45	5/24/12	NCAA West Regional
1,500 Meter Run	DNF	4/21/12	John McDonnell Invite

BROOKE GRITTERS

Shot Put	14.55m/47-09.00	5/12/12	Big 12 Championships
Shot Put	14.19m/46-06.75	5/4/12	Arkansas Twilight
Shot Put	13.83m/45-04.50	4/14/12	John Jacobs Invite
Shot Put	13.77m/45-02.25	4/21/12	John McDonnell Invite
Shot Put	13.55m/44-05.50	4/7/12	Don Kirby Invitational
Discus Throw	48.38m/158-09	5/4/12	Arkansas Twilight
Discus Throw	46.70m/153-02	4/14/12	John Jacobs Invite
Discus Throw	46.26m/151-09	4/7/12	Don Kirby Invitational
Discus Throw	45.88m/150-06.3	3/17/12	Tulsa Duels
Discus Throw	45.76m/150-01	4/20/12	John McDonnell Invite
Discus Throw	45.52m/149-04	5/13/12	Big 12 Championships
Discus Throw	44.49m/145-11	3/31/12	Texas Relays

VICTORIA HANNA

1,500 Meter Run	4:32.54	5/4/12	Arkansas Twilight
1,500 Meter Run	4:40.80	3/17/12	Tulsa Duels
1,500 Meter Run	4:44.92	4/21/12	John McDonnell Invite
5,000 Meter Run	16:53.50	4/6/12	Stanford Invitational
5,000 Meter Run	17:10.37	5/13/12	Big 12 Championships

LAURA HEATON

1,500 Meter Run	5:08.77	4/14/12	John Jacobs Invite
3,000 Meter Run	10:52.98	3/17/12	Tulsa Duels
3,000 Meters	10:55.81	5/4/12	Arkansas Twilight

ADELA HOFMANNOVA

800 Meter Run	2:18.74	3/17/12	Tulsa Duels
1,500 Meter Run	4:36.50	4/6/12	Stanford Invitational

KIM JOHNSON

400 Meter Run	1:04.10	3/17/12	Tulsa Duels

MONIKA JUODESKAITE

1,500 Meter Run	4:28.57	5/4/12	Arkansas Twilight
1,500 Meter Run	4:31.10	4/21/12	John McDonnell Invite
1,500 Meter Run (Pre)	4:32.97	5/12/12	Big 12 Championships
5,000 Meter Run	16:47.59	5/13/12	Big 12 Championships
5,000 Meter Run	16:52.93	4/6/12	Stanford Invitational

KATE KUJAWA

1,500 Meter Run	4:22.60	4/29/12	Payton Jordan Invite
1,500 Meter Run	4:25.02	4/21/12	John McDonnell Invite
3,000 Meter Run	9:58.28	3/17/12	Tulsa Duels
3,000 Meter Run	10:25.01	5/25/12	NCAA West Regional
3,000 Meter SC	10:27.15	4/6/12	Stanford Invitational
3,000 Meter SC	10:34.47	6/6/12	NCAA Championships
3,000 Meter SC	10:35.29	5/13/12	Big 12 Championships

JESSICA LEWIS

Hammer Throw	41.16m/135-00	4/14/12	John Jacobs Invite

TAYLOR LIGHT

1,500 Meter Run	4:57.74	4/21/12	John McDonnell Invite
3,000 Meter Run	10:36.62	3/17/12	Tulsa Duels
3,000 Meter Run	10:54.26	5/4/12	Arkansas Twilight
10,000 Meter Run	DNF	4/6/12	Stanford Invitational

NATANYA LUTHER

1,500 Meter Run	4:39.63	4/21/12	John McDonnell Invite
1,500 Meter Run	4:43.13	3/17/12	Tulsa Duels
1,500 Meter Run	4:43.48	4/6/12	Stanford Invitational
1,500 Meter Run	5:01.68	5/4/12	Arkansas Twilight

2012 WOMEN'S OUTDOOR RESULTS

JANELLE MARTINEZ

1,500 Meter Run	4:36.17	4/21/12	John McDonnell Invite
1,500 Meter Run (Pre)	4:39.56	5/12/12	Big 12 Championships
1,500 Meter Run	4:43.85	3/17/12	Tulsa Duels
5,000 Meter Run	16:58.37	4/6/12	Stanford Invitational

TERAN MIXON

1,500 Meter Run	4:28.85	4/29/12	Payton Jordan Invite
1,500 Meter Run	4:29.63	4/21/12	John McDonnell Invite
1,500 Meter Run (Pre)	4:30.94	5/12/12	Big 12 Championships
1,500 Meter Run (Final)	4:31.99	5/13/12	Big 12 Championships
1,500 Meter Run	4:38.27	3/17/12	Tulsa Duels
5,000 Meter Run	DNF	4/6/12	Stanford Invitational
5,000 Meter Run	DNF	5/13/12	Big 12 Championships

GLORIA MOSELEY

Discus Throw	40.37m/132-05	4/20/12	John McDonnell Invite
Discus Throw	39.95m, 131-01	5/4/12	Arkansas Twilight
Discus Throw	39.78m/130-06	4/14/12	John Jacobs Invite
Discus Throw	36.51m/119-09	4/7/12	Don Kirby Invitational
Discus Throw	36.16m/118-07.6	3/17/12	Tulsa Duels

NICKI MURPHY

Long Jump	FOUL	4/14/12	John Jacobs Invite
Long Jump	FOUL	4/21/12	John McDonnell Invite

CHELSEY PHOEBUS

1,500 Meter Run	4:44.03	5/4/12	Arkansas Twilight
1,500 Meter Run (Pre)	4:49.44	5/12/12	Big 12 Championships
1,500 Meter Run	4:51.93	4/14/12	John Jacobs Invite
1,500 Meter Run	4:54.37	4/21/12	John McDonnell Invite
1,500 Meter Run	4:58.51	3/17/12	Tulsa Duels

NATALJA PILIUSINA

800 Meter Run (Semi)	2:02.12	6/28/12	European Championships
800 Meter Run	2:04.01	4/7/12	Stanford Invitational
800 Meter Run (Final)	2:05.23	5/13/12	Big 12 Championships
800 Meter Run (Final)	2:06.59	6/29/12	European Championships
800 Meter Run (Pre)	2:07.39	5/12/12	Big 12 Championships
800 Meter Run	DNF	4/21/12	John McDonnell Invite
1,500 Meter Run	4:09.51	4/29/12	Payton Jordan Invite
1,500 Meter Run (Semis)	4:12.55	6/7/12	NCAA Championships
1,500 Meter Run	4:13.95	5/18/12	USATF High Performance
1,500 Meter Run	4:14.35	4/6/12	Stanford Invitational
1,500 Meter Run (Final)	4:16.61	5/26/12	NCAA West Regional
1,500 Meter Run (Final)	4:18.74	6/9/12	NCAA Championships
1,500 Meter Run (Pre)	4:29.43	5/24/12	NCAA West Regional
1,500 Meter Run	DNF	4/21/12	John McDonnell Invite

AVEN SANDERS

1,500 Meter Run	5:49.19	4/14/12	John Jacobs Invite

JACY STEELMAN

Long Jump	5.19m/17-00.50	4/6/12	Stanford Invitational
Long Jump	4.95m/16-02.9	3/17/12	Tulsa Duels
Long Jump	4.83m/15-10.25	4/14/12	John Jacobs Invite
Long Jump	FOUL	4/21/12	John McDonnell Invite
Triple Jump	10.85m/35-07.25	4/14/12	John Jacobs Invite
Triple Jump	10.75m/35-03.25	5/4/12	Arkansas Twilight
Triple Jump	10.23m/33-06.75	4/21/12	John McDonnell Invite

TAYLOR STOLT

Long Jump	5.75m/18-10.50	4/14/12	John Jacobs Invite
Long Jump	5.72m/18-09.25	4/21/12	John McDonnell Invite
Long Jump	5.51m/18-00.9	3/17/12	Tulsa Duels
Long Jump	5.50m/18-00.50	5/12/12	Big 12 Championships
Long Jump	5.44m/17-10.25	4/6/12	Stanford Invitational

CLARA TELFORD

100 Meter Hurdles	14.92	4/21/12	John McDonnell Invite
100 Meter Hurdles	15.11	3/17/12	Tulsa Duels
100 Meter Hurdles	15.25	4/14/12	John Jacobs Invite
100 Meter Hurdles	15.37	4/6/12	Stanford Invitational
Triple Jump	11.17m/36-07.75	5/4/12	Arkansas Twilight
Triple Jump	10.84m/35-06.75	4/21/12	John McDonnell Invite

CAITLIN WAY

Hammer Throw	57.59m/188-11	5/26/12	NCAA West Regional
Hammer Throw	57.34m/188-01	4/20/12	John McDonnell Invite
Hammer Throw	56.33m/184-00	4/14/12	John Jacobs Invite
Hammer Throw	55.97m/183-07	5/11/12	Big 12 Championships
Hammer Throw	54.64m/179-03	5/4/12	Arkansas Twilight
Hammer Throw	51.75m/169-09.4	3/17/12	Tulsa Duels
Hammer Throw	FOUL	4/6/12	Don Kirby Invitational

KENDRA WOODSON

800 Meter Run	2:15.40	4/7/12	Stanford Invitational
800 Meter Run	2:17.07	5/4/12	Arkansas Twilight
800 Meter Run	2:20.98	3/17/12	Tulsa Duels
1,500 Meter Run	4:39.98	4/21/12	John McDonnell Invite

TONI YOUNG

High Jump	1.87m/6-01.50	6/8/12	NCAA Championships
High Jump	1.86m/6-01.25	5/13/12	Big 12 Championships
High Jump	1.84m/6-00.50	4/29/12	Payton Jordan Invite
High Jump	1.80m/5-10.75	5/25/12	NCAA West Regional
High Jump	1.80m/5-10.75	5/4/12	Arkansas Twilight
High Jump	1.79m/5-10.5	6/28/12	U.S. Olympic Trials
High Jump	1.78m/5-10.00	4/21/12	John McDonnell Invite

2012 Women's Outdoor Bests

400 METERS

Mark	Athlete	Meet
1:04.10	Kim Johnson	Tulsa Duels

800 METERS

Mark	Athlete	Meet
2:02.12	Natalja Piliusina	European Championships
2:10.75	Caileigh Glenn	Stanford Invitational
2:15.40	Kendra Woodson	Stanford Invitational
2:15.42	Mihaela Bobos	Big 12 Championships
2:18.74	Adela Hofmannova	Tulsa Duels
2:36.13	Alex Ervin	John Jacobs Invitational

1,500 METERS

Mark	Athlete	Meet
4:09.51	Natalja Piliusina	Payton Jordan Invite
4:22.60	Kate Kujawa	Payton Jordan Invite
4:22.77	Caileigh Glenn	Payton Jordan Invite
4:28.57	Monika Juodeskaite	Arkansas Twilight
4:28.85	Teran Mixon	Payton Jordan Invite
4:32.49	Victoria Fratczak	Arkansas Twilight
4:32.54	Victoria Hanna	Arkansas Twilight
4:36.17	Janelle Martinez	John McDonnell Invite
4:36.50	Adela Hofmannova	Stanford Invitational
4:39.63	Natanya Luther	John McDonnell Invite
4:39.98	Kendra Woodson	John McDonnell Invite
4:44.03	Chelsey Phoebus	Arkansas Twilight
4:52.63	Jackie Campos	Tulsa Duels
4:57.74	Taylor Light	John McDonnell Invite
5:08.77	Laura Heaton	John Jacobs Invitational
5:49.19	Aven Sanders	John Jacobs invitational

3,000 METERS

Mark	Athlete	Meet
9:58.28	Kate Kujawa	Tulsa Duels
10:20.69	Victoria Fratczak	Tulsa Duels
10:36.62	Taylor Light	Tulsa Duels
10:52.98	Laura Heaton	Tulsa Duels

5,000 METERS

Mark	Athlete	Meet
16:50.71	Victoria Fratczak	Stanford Invitational
16:52.93	Monika Juodeskaite	Stanford Invitational
16:53.50	Victoria Hanna	Stanford Invitational
16:56.24	Jackie Campos	Stanford Invitational
16:58.37	Janelle Martinez	Stanford Invitational

3,000 METER STEEPLECHASE

Mark	Athlete	Meet
10:25.01	Kate Kujawa	NCAA West Regional

100 METER HURDLES

Mark	Athlete	Meet
14.92	Clara Telford	John McDonnell Invite

HIGH JUMP

Mark	Athlete	Meet
1.87m/6-01.50	Toni Young	NCAA Championships

LONG JUMP

Mark	Athlete	Meet
5.75m/18-10.50	Taylor Stolt	John Jacobs Invitational
5.19m/17-00.50	Jacy Steelman	Stanford Invitational

TRIPLE JUMP

Mark	Athlete	Meet
11.17m/36-07.75	Clara Telford	Arkansas Twilight
10.85m/35-07.25	Jacy Steelman	John Jacobs Invitational

SHOT PUT

Mark	Athlete	Meet
14.55m/47-09.00	Brooke Gritters	Big 12 Championships

DISCUS THROW

Mark	Athlete	Meet
48.38m/158-09	Brooke Gritters	Arkansas Twilight
40.37m/132-05	Gloria Moseley	John McDonnell Invite

HAMMER THROW

Mark	Athlete	Meet
57.59m/188-11	Caitlin Way	NCAA West Regional
41.16m/135-00	Jessica Lewis	John Jacobs Invitational

JAVELIN THROW

Mark	Athlete	Meet
27.39m/89-10	Madison Allen	John Jacobs Invitational

OKLAHOMA STATE

HISTORY

1986 Big Eight Cross Country Champions

CROSS COUNTRY NCAA CHAMPIONSHIPS HISTORY

Year	Site	Finish	Head Coach
1988	Ames, Iowa	11th	Dick Weis
1989	Annapolis, Md.	5th	Dick Weis
1998	Lawrence, Kan.	20th	Catrina Acosta
2001	Greenville, S.C.	18th	Catrina Acosta
2005	Terre Haute, Ind.	10th	Rene Sepulveda
2010	Terre Haute, Ind.	17th	Dave Smith
2011	Terre Haute, Ind.	30th	Dave Smith

CROSS COUNTRY ALL-AMERICANS

1977	Karen Bridges
1984	Christine McMiken
1985	Christine McMiken
1986	Veronica Haberl
1986	Jackie Goodman
1987	Jackie Goodman
1988	Jackie Goodman
1988	Sonia Barry
1989	Jackie Goodman
1989	Heather Garrett
1998	Hanna Smedstad
1999	Hanna Smedstad
2000	Sara Wells

CROSS COUNTRY MIDWEST REGIONAL TITLES

Year	Site	Finish	Head Coach
2001	Carbondale, Ill.	1st	Catrina Acosta
2005	Iowa City, Iowa	1st	Rene Sepulveda

CROSS COUNTRY INDIVIDUAL REGIONAL CHAMPS

1985	Christine McMiken
2001	Siri Alfheim

CROSS COUNTRY MIDWEST REGION COACH OF THE YEAR

2005	Rene Sepulveda

CROSS COUNTRY MIDWEST REGIONALS HISTORY

Year	Site	Finish	Head Coach
1988	Ames, Iowa	2nd	Dick Weis
1989	Terre Haute, Ind.	2nd	Dick Weis
1997	Ames, Iowa	15th	Catrina Acosta
1998	Wichita, Kan.	5th	Catrina Acosta
1999	Savoy, Ill.	16th	Catrina Acosta
2000	Cedar Falls, Iowa	7th	Catrina Acosta
2001	Carbondale, Ill.	1st	Catrina Acosta
2002	Normal, Ill.	9th	Catrina Acosta
2003	Stillwater, Okla.	24th	Rene Sepulveda
2004	Peoria, Ill.	2nd	Rene Sepulveda
2005	Iowa City, Iowa	1st	Rene Sepulveda
2006	Falcon Heights, Minn.	5th	Rene Sepulveda
2007	Peoria, Ill.	5th	Rene Sepulveda
2008	Stillwater, Okla.	5th	Rene Sepulveda
2009	Springfield, Mo.	NTS	Dave Smith
2010	Peoria, Ill.	2nd	Dave Smith
2011	Dekalb, Ill.	2nd	Dave Smith

CROSS COUNTRY POST-SEASON HISTORY/HONOR ROLL

CROSS COUNTRY ALL-REGION HONOREES

2002	Marie Nilsson
2002	Ami Butler
2004	Mary Davies
2005	Valentina Medina
2005	Barbora Kuncova
2005	Eva Slavikova
2005	Mary Davies
2005	Nina Andersson
2005	Anissa Angelosante
2007	Mihaela Susa
2008	Mihaela Susa
2009	Mihaela Susa
2010	Mihaela Susa
2010	Felicity Milton
2010	Natalja Piliusina
2010	Victoria Fratczak
2011	Natalja Piliusina
2011	Monika Juodeskaite

CROSS COUNTRY CONFERENCE TITLES

1986	Manhattan, Kan.	Big 8	Dick Weis

CROSS COUNTRY INDIVIDUAL CONFERENCE CHAMPS

1984	Christine McMiken	Big 8	17:53
1985	Christine McMiken	Big 8	17:05
1986	Christine McMiken	Big 8	17:01.59
1987	Jackie Goodman	Big 8	16:57.84
1988	Sonia Barry	Big 8	16:19.11
1989	Heather Garrett	Big 8	17:03

CROSS COUNTRY CONFERENCE MEET HISTORY

Year	Site	League	Finish	Head Coach
1979	Lincoln, Neb.	Big 8	7th	Dorsey Reirdon
1980	Columbia, Mo.	Big 8	8th	Dorsey Reirdon
1981	Ames, Iowa	Big 8	8th	Dorsey Reirdon
1982	Lincoln, Neb.	Big 8	6th	Dorsey Reirdon
1983	Lawrence, Kan.	Big 8	7th	Dick Weis
1984	Boulder, Colo.	Big 8	6th	Dick Weis
1985	Columbia, Mo.	Big 8	4th	Dick Weis
1986	Manhattan, Kan.	Big 8	1st	Dick Weis
1987	Norman, Okla.	Big 8	6th	Dick Weis
1988	Stillwater, Okla.	Big 8	2nd	Dick Weis
1989	Ames, Iowa	Big 8	2nd	Dick Weis
1990	Lincoln, Neb.	Big 8	8th	Dick Weis
1991	Lawrence, Kan.	Big 8	8th	Dick Weis
1992	Boulder, Colo.	Big 8	5th	Dick Weis
1993	Columbia, Mo.	Big 8	7th	Dick Weis
1994	Manhattan, Kan.	Big 8	8th	Dick Weis
1995	Lawrence, Kan.	Big 8	7th	Catrina Acosta
1996	Ames, Iowa	Big 12	8th	Catrina Acosta
1997	Stillwater, Okla.	Big 12	10th	Catrina Acosta
1998	Lincoln, Neb.	Big 12	6th	Catrina Acosta
1999	College Station, Texas	Big 12	10th	Catrina Acosta
2000	Boulder, Colo.	Big 12	5th	Catrina Acosta
2001	Norman, Okla.	Big 12	2nd	Catrina Acosta
2002	Columbia, Mo.	Big 12	8th	Catrina Acosta
2003	Austin, Texas	Big 12	12th	Rene Sepulveda
2004	Topeka, Kan.	Big 12	3rd	Rene Sepulveda
2005	Waco, Texas	Big 12	2nd	Rene Sepulveda
2006	Lawrence, Kan.	Big 12	4th	Rene Sepulveda
2007	Lubbock, Texas	Big 12	5th	Rene Sepulveda
2008	Ames, Iowa	Big 12	7th	Rene Sepulveda
2009	Columbia, Mo.	Big 12	10th	Dave Smith
2010	Stillwater, Okla.	Big 12	4th	Dave Smith
2011	College Station, Texas	Big 12	3rd	Dave Smith

CROSS COUNTRY ALL-BIG 12 HONOREES

1996	Jenny Framme
1996	Hanna Smedstad
1998	Hanna Smedstad
1998	Alexandra Lindquist
1999	Hanna Smedstad
2000	Sara Wells
2001	Siri Alfeim
2001	Marie Nilsson
2004	Barbora Kuncova
2004	Michelle Prowse
2004	Mary Davies
2005	Mary Davies
2005	Nina Andersson
2005	Valentina Medina
2005	Barbora Kuncova
2006	Mary Davies
2007	Mihaela Susa
2008	Mihaela Susa
2010	Mihaela Susa
2010	Felicity Milton
2011	Natalja Piliusina
2011	Monika Juodeskaite

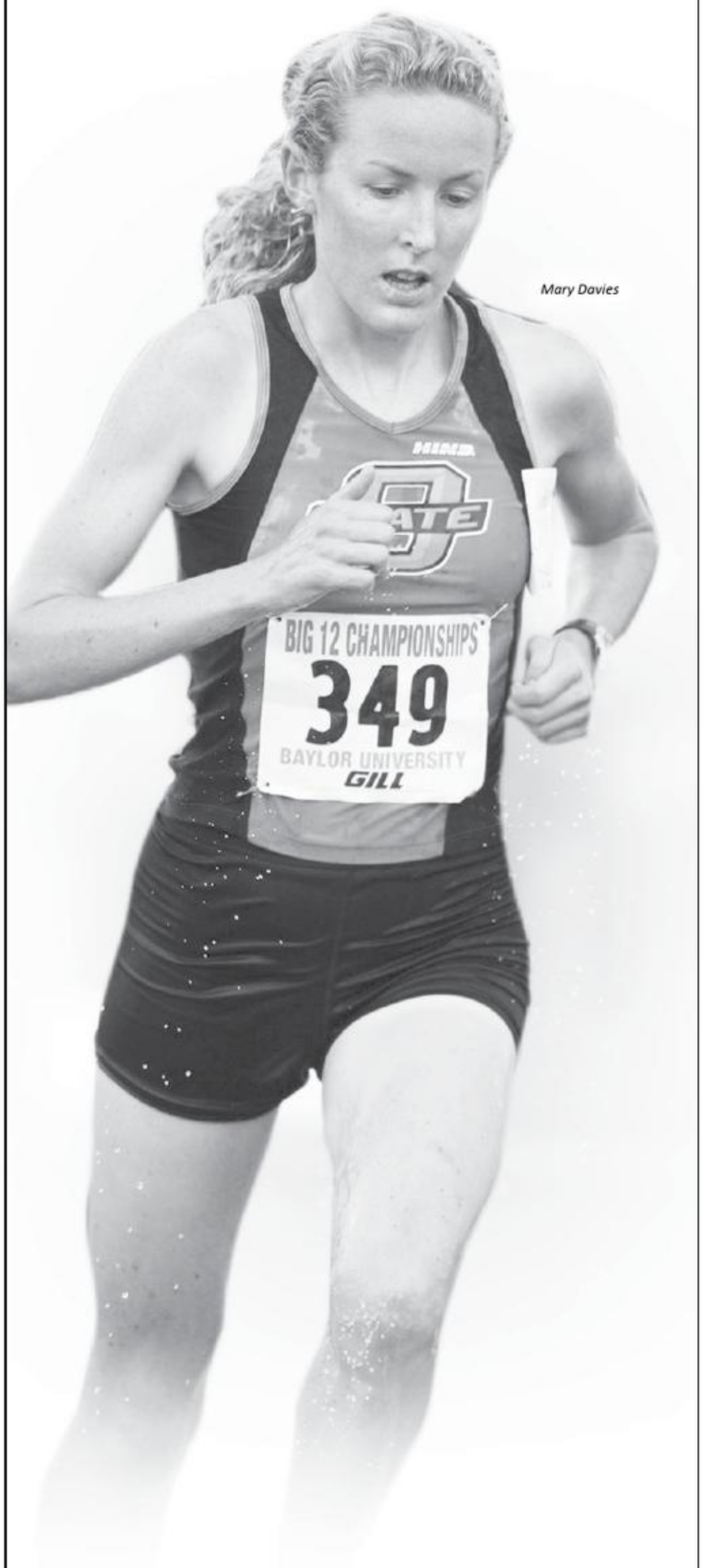
CROSS COUNTRY BIG 12 NEWCOMER OF THE YEAR

1998	Alexandra Lindquist
2001	Siri Alfheim
2004	Mary Davies
2011	Monika Juodeskaite

CROSS COUNTRY BIG 12 RUNNERS OF THE WEEK

Oct. 6, 1998	Hanna Smedstad
Oct. 13,1998	Hanna Smedstad
Sept. 9, 1999	Hanna Smedstad
Sept. 19, 2000	Sara Wells
Sept. 10, 2002	Marie Nilsson
Oct. 12, 2004	Mary Davies

CROSS COUNTRY SCHOOL RECORDS



Mary Davies

TWO-MILE

1	McMiken, Christine	10:03.78	1984	O-State Invitational	Stillwater, Okla.
2	Davies, Mary	10:44	9/4/04	Hurricane Invitational	Tulsa, Okla.
3	Haberl, Veronica	10:48.56	1984	O-State Invitational	Stillwater, Okla.
4	Smedstad, Hanna	10:51	9/13/97	Oklahoma State XC Dual	
5	Kujawa, Kate	11:05	9/4/10	Hurricane Festival	Tulsa, Okla.
6	Davis, Jori	11:17	9/4/10	Hurricane Festival	Tulsa, Okla.
7	Juodeskaite, Monika	11:18	9/3/11	Hurricane Festival	Tulsa, Okla.
8	Hanna, Victoria	11:19	9/4/10	Hurricane Festival	Tulsa, Okla.
9	Mixon, Teran	11:23	9/3/11	Hurricane Festival	Tulsa, Okla.
10	Fratczak, Victoria	11:23	9/5/09	Hurricane Festival	Tulsa, Okla.
11	Blomkvist, Kim	11:24.64	9/9/06	North Texas Invitational	Denton, Texas
12	Hjalmarsen, Tone	11:26	9/2/06	Hurricane XC Festival	Tulsa, Okla.
T13	Funke, Melanie	11:28	9/4/10	Hurricane Festival	Tulsa, Okla.
T13	Dingley, Tamara	11:28	9/13/97	Oklahoma State XC Dual	
T13	Brown, Janine	11:28	2001	Oklahoma State XC Dual	
T13	Coffey, Charlotte	11:28	2001	Dual vs. Oklahoma	
17	Campos, Jackie	11:29	9/4/10	Hurricane Festival	Tulsa, Okla.
18	Alfheim, Siri	11:31	2001	Hurricane XC Festival	Tulsa, Okla.
19	Schroeder, Leah	11:34.60	9/9/06	North Texas Invitational	Denton, Texas
20	Tomankova, Eva	11:35	9/4/04	Hurricane Invitational	Tulsa, Okla.
21	Nilsson, Marie	11:36	2001	Hurricane XC Festival	Tulsa, Okla.
22	Lindquist, Alexandra	11:39	2001	Dual vs. Oklahoma	
23	Moore, Shelly	11:39.75	1992	Oklahoma State XC Dual	
24	Glenn, Caileigh	11:40	9/3/11	Hurricane Festival	Tulsa, Okla.
25	Simecka, Michelle	11:42	2001	Dual vs. Oklahoma	

3000 METERS

1	McMiken, Christine	9:30	1985	All-Comers	Stillwater, Okla.
2	Barry, Sonia	10:02.15	10/7/88	OU Invitational	Norman, Okla.
3	Goodman, Jackie	10:14.38	10/7/88	OU Invitational	Norman, Okla.
T4	Haberl-Martin, Veronica	10:27	1985	All Comers	Stillwater, Okla.
T4	Acheson, Geraldine	10:27	1985	Sooner Invitational	Norman, Okla.
6	Castille, Demetra	10:32.13	10/7/88	OU Invitational	Norman, Okla.
7	Lewis, Michelle	10:33.97	10/7/88	OU Invitational	Norman, Okla.
8	Davies, Lora	10:34	1985	Sooner Invitational	Norman, Okla.
9	Kuncova, Barbora	10:38	9/3/05	Idaho State Invitational	Pocatello, Idaho
10	Thibert, Donna	10:39	1985	Sooner Invitational	Norman, Okla.
11	Slavikova, Eva	10:40	9/3/05	Idaho State Invitational	Pocatello, Idaho
12	Tomankova, Eva	10:43	9/3/05	Idaho State Invitational	Pocatello, Idaho
13	Davies, Mary	10:46	9/3/05	Idaho State Invitational	Pocatello, Idaho
14	Craven, Jessica	10:46.03	10/7/88	OU Invitational	Norman, Okla.
15	Medina, Valentina	10:48	9/3/05	Idaho State Invitational	Pocatello, Idaho
16	Shafer, Cindy	10:53.43	10/7/88	OU Invitational	Norman, Okla.

5000 METERS

1	McMiken, Christine	16:06	1985	Arkansas Invitational	Fayetteville, Ark.
2	Goodman, Jackie	16:15.55	11/12/87	NCAA Championship	Ames, Iowa
3	Barry, Sonia	16:19.11	10/21/88	Big 8 Championship	Stillwater, Okla.
4	Smedstad, Hanna	16:58	9/18/99	SMU XC Invitational	Dallas, Texas
5	Garrett, Heather	17:00.01	1990	Cowboy Jamboree	Stillwater, Okla.
6	Davies, Lora	17:12	1985	Arkansas Invitational	Fayetteville, Ark.
7	Levy, Donna	17:14	10/19/91	Arkansas Invitational	Fayetteville, Ark.
8	Thibert, Donna	17:16	1985	Arkansas Invitational	Fayetteville, Ark.
9	Haberl-Martin, Veronica	17:17	1985	Arkansas Invitational	Fayetteville, Ark.
10	Susa, Mihaela	17:18.96	10/16/10	Chile Pepper Festival	Fayetteville, Ark.
11	Townsend, Tammy	17:20	1985	Arkansas Invitational	Fayetteville, Ark.
12	Milton, Felicity	17:20.14	10/16/10	Chile Pepper Festival	Fayetteville, Ark.
13	Acheson, Geraldine	17:24	1985	Arkansas Invitational	Fayetteville, Ark.
14	Piliusina, Natalja	17:26.64	10/1/11	Cowboy Jamboree	Stillwater, Okla.
15	Castille, Demetra	17:31.55	10/31/88	Big 8 Championship	Stillwater, Okla.
16	Alfheim, Siri	17:32	2001	Cowboy Jamboree	Stillwater, Okla.
17	Lustigova, Marcela	17:36	9/14/07	Boston College Invitational	Boston, Mass.
18	Lewis, Michelle	17:42.4	10/15/88	Arkansas Invitational	Fayetteville, Ark.
19	Lindquist, Alexandra	17:42.8	10/31/98	Big 12 Championship	Lincoln, Neb.
20	Lewis, Michele	17:42.96	10/31/88	Big 8 Championship	Stillwater, Okla.
T21	Hjalmarsen, Tone	17:46	9/28/07	Notre Dame Invitational	South Bend, Ind.
T21	Orn, Lena	17:46	9/28/07	Notre Dame Invitational	South Bend, Ind.
T21	Davies, Mary	17:46	9/30/06	Cowboy Jamboree	Stillwater, Okla.
24	Kujawa, Kate	17:52.77	10/1/11	Cowboy Jamboree	Stillwater, Okla.
25	Fratczak, Victoria	17:55.57	10/1/11	Cowboy Jamboree	Stillwater, Okla.

6000 METERS

1	Piliusina, Natalja	19:45.9	10/29/11	Big 12 Championship	College Station, Texas
2	Juodeskaite, Monika	20:21.3	10/29/11	Big 12 Championship	College Station, Texas
3	Alfheim, Siri	20:22	10/27/01	Big 12 Championship	Norman, Okla.
4	Susa, Mihaela	20:22.38	11/13/10	NCAA Midwest Regional	Peoria, Ill.
5	Milton, Felicity	20:26.11	11/13/10	NCAA Midwest Regional	Peoria, Ill.
6	Kujawa, Kate	20:27.8	10/29/11	Big 12 Championship	College Station, Texas
7	Davies, Mary	20:29	11/21/05	NCAA Championship	Terre Haute, Ind.
8	Mixon, Teran	20:31.5	10/29/11	Big 12 Championship	College Station, Texas
9	Campos, Jackie	20:45.9	10/29/11	Big 12 Championship	College Station, Texas
10	Fratczak, Victoria	20:46.88	11/13/10	NCAA Midwest Regional	Peoria, Ill.
11	Luther, Natanya	20:53.2	10/29/11	Big 12 Championship	College Station, Texas
12	Medina, Valentina	20:53.5	11/21/05	NCAA Championship	Terre Haute, Ind.
13	Glenn, Caileigh	20:56.3	10/29/11	Big 12 Championship	College Station, Texas
14	Tomankova, Eva	20:58	2005	Chile Pepper Festival	Fayetteville, Ark.
15	Wells, Sara	20:59	10/28/00	Big 12 Championship	Boulder, Colo.
16	Nilsson, Marie	20:59.8	11/25/02	NCAA Championship	Terre Haute, Ind.
17	Lustigova, Marcela	21:13	11/10/07	NCAA Midwest Regional	Peoria, Ill.

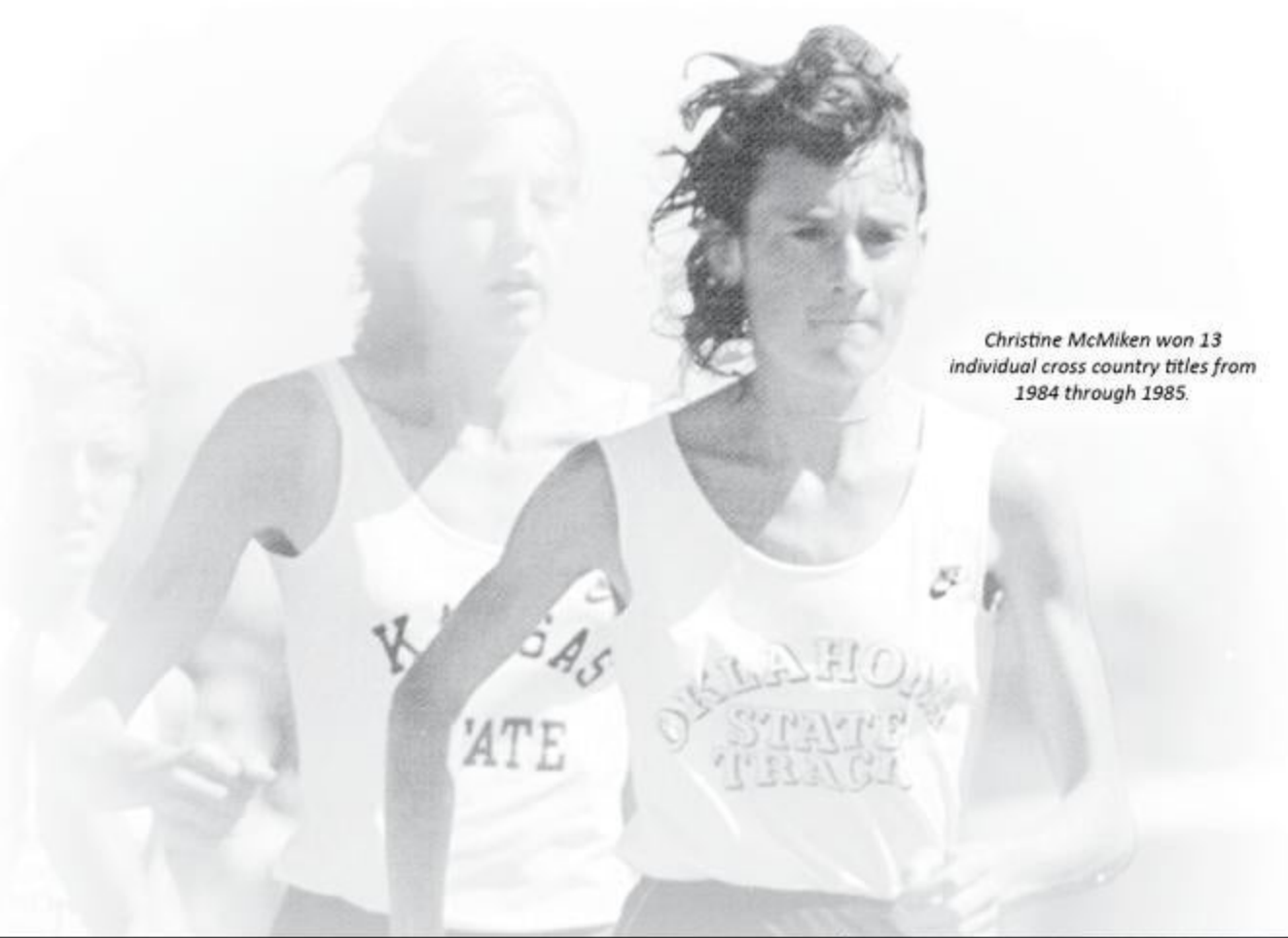
CROSS COUNTRY CHAMPIONSHIPS

CROSS COUNTRY TEAM CHAMPIONSHIPS

1985 Sooner Invitational	Norman, Okla.
1986 Big 8 Championship	Manhattan, Kan.
1988 Cowboy Jamboree	Stillwater, Okla.
1988 Arkansas Invitational	Fayetteville, Ark.
1998 Dual vs. SW Mo. State	Springfield, Mo.
1988 Dual vs. Arkansas	Stillwater, Okla.
1989 Wichita State Gold Classic	Wichita, Kan.
1989 Oklahoma State Duals	Stillwater, Okla.
1989 Cowboy Jamboree	Stillwater, Okla.
1989 North Texas Invitational	Denton, Texas
1989 Arkansas Invitational	Fayetteville, Ark.
1990 Dual at Wichita State	Wichita, Kan.
1991 Dual vs. Oral Roberts	Stillwater, Okla.
1991 Dual vs. Tulsa	Stillwater, Okla.
1991 Dual vs. Wichita State	Stillwater, Okla.
1992 Dual vs. Oral Roberts	Stillwater, Okla.
1992 Dual vs. Tulsa	Stillwater, Okla.
1993 Dual vs. Wichita State	Stillwater, Okla.
1994 Oklahoma State Duals	Stillwater, Okla.
1995 Red Raider Invitational	Lubbock, Texas
1998 Wichita State Gold Classic	Wichita, Kan.
1999 ORU Subway Classic	Tulsa, Okla.
2000 UTEP Opener	El Paso, Texas
2000 SMU Invitational	Dallas, Texas
2001 Hurricane Invitational	Tulsa, Okla.
2001 Oklahoma Dual	Norman, Okla.
2001 NCAA Midwest Regional	Carbondale, Ill.
2004 Hurricane Invitational	Tulsa, Okla.
2004 Wildcat Invitational	Topeka, Kan.
2004 Triton Classic	La Jolla, Calif.
2005 Idaho State Invitational	Pocatello, Idaho
2005 Cowboy Jamboree	Stillwater, Okla.
2005 Chile Pepper XC Festival	Fayetteville, Ark.
2005 NCAA Midwest Regional	Iowa City, Iowa
2006 Hurricane Invitational	Tulsa, Okla.
2006 Cowboy Jamboree	Stillwater, Okla.
2007 Friends Invitational	Wichita, Kan.
2010 Cowboy Jamboree	Stillwater, Okla.
2010 Chile Pepper Festival	Fayetteville, Ark.
2011 Hurricane Festival	Tulsa, Okla.
2011 Cowboy Jamboree	Stillwater, Okla.

CROSS COUNTRY INDIVIDUAL CHAMPIONSHIPS

Christine McMiken	1984 Oklahoma State Invitational	10:03.78	2-mile
Christine McMiken	1984 Wichita State Gold Classic	17:21.81	5000m
Christine McMiken	1984 Sooner Invitational	9:52	3000m
Christine McMiken	1984 OU Triangular	9:45	3000m
Christine McMiken	1984 Arkansas Invitational	16:20	5000m
Christine McMiken	1984 Big Eight Championships	17:53	5000m
Christine McMiken	1985 All-Comers Meet	9:30	3000m
Christine McMiken	1985 Missouri Invitational	16:35.4	5000m
Christine McMiken	1985 Sooner Invitational	9:40	3000m
Christine McMiken	1985 Arkansas Invitational	16:06	5000m
Christine McMiken	1985 Big Eight Championships	17:05	5000m
Christine McMiken	1985 NCAA Midwest Regional	-	5000m
Christine McMiken	1986 Big Eight Championships	17:01.59	5000m
Jackie Goodman	1987 Big Eight Championships	16:57.84	5000m
Sonia Barry	1988 Big Eight Championships	16:19.11	5000m
Sonia Barry	1988 Arkansas Invitational	16:20.5	5000m
Sonia Barry	1988 OU Invitational	10:02.15	3000m
Sonia Barry	1988 District V Championships	16:54	5000m
Heather Garrett	1989 Big Eight Championships	17:03	5000m
Hanna Smedstad	1997 Oklahoma State XC Dual	10:51	2-mile
Hanna Smedstad	1998 Big 12 Championships	17:25.4	5000m
Hanna Smedstad	1998 Cowboy Jamboree	17:46	5000m
Hanna Smedstad	1998 Wichita State Gold Classic	17:58.2	5000m
Hanna Smedstad	1999 SMU XC Invitational	16:58	5000m
Hanna Smedstad	1999 Lori Fitzgerald Memorial	17:05	5000m
Hanna Smedstad	1999 ORU Classic	17:57.35	5000m
Janine Brown	2001 Oklahoma State XC Dual	11:28	2-mile
Siri Alfheim	2001 NCAA Midwest Regional	20:31	6000m
Mary Davies	2004 Wildcat Invitational	21:13	6000m
Barbora Kuncova	2005 Idaho State Invitational	10:38	3000m
Tone Hjalmarsen	2006 Hurricane XC Festival	11:26	2-mile
Mihaela Susa	2010 Cowboy Jamboree	21:10.53	6000m



Christine McMiken won 13 individual cross country titles from 1984 through 1985.

OKLAHOMA STATE CROSS COUNTRY COURSE

The Oklahoma State cross country course is home of the Cowboy and Cowgirl cross country teams. It has been the host of the Cowboy Jamboree, which is the longest running cross country meet in the United States. The course has also been the host to the Big 12 Championship and the NCAA Regional, with the last one in 2008.

The course is a six kilometer loop that is grass, with wooded trails mixed in. It is one of only a few cross country courses in the nation that is located on a college campus.

Oklahoma State has made this course to be very challenging. It is unique to cross country in that it is used specifically for cross country. It is tough with various hills and up and down portions of the course. It is a unique challenge for any runner regardless of skill level.

Stillwater is also a great part of the country to train in because it trains the runners for hot and humid competitions. Besides the Oklahoma State Cross Country Course, Stillwater offers numerous hills, and dirt running trails through wooded sections for the use of running and biking.

OKLAHOMA STATE CROSS COUNTRY COURSE RECORDS

5000 meters - Top 50 times

1	Barry, Sonia	Oklahoma State	16:19.11	1988	Big 8 Championship
2	McMiken, Christine	Oklahoma State	16:23.45	1985	Cowboy Jamboree
3	Goodman, Jackie	Oklahoma State	16:29.46	10/31/88	Big 8 Championship
4	Lutdal, Tove	Oklahoma	16:53.53	1985	Cowboy Jamboree
5	Haskin, Janet	Kansas	16:55.95	1988	Big 8 Championship
6	Goodman, Jackie	Oklahoma State	16:57.31	1987	Cowboy Jamboree
7	McMiken, Christine	Oklahoma State	16:57.40	1985	District V Championship
8	McMiken, Christine	Oklahoma State	16:57.54	1984	Cowboy Jamboree
9	Sons, Bonnie	Iowa State	16:59.05	1985	Cowboy Jamboree
10	Garrett, Heather	Oklahoma State	17:00.01	1990	Cowboy Jamboree
11	Collas, Nora	Houston	17:01.04	1985	Cowboy Jamboree
12	Resh, Sammie	Nebraska	17:03.82	10/31/88	Big 8 Championship
13	Barry, Sonia	Oklahoma State	17:04.00	1988	Cowboy Jamboree
14	Dunn, Theresa	Houston	17:04.91	1985	Cowboy Jamboree
15	Lutdal, Tove	Oklahoma	17:07.81	1984	Cowboy Jamboree
16	Van Der Kolk, Yvonne	Nebraska	17:08.48	10/31/88	Big 8 Championship
17	Kleppin, Lauren	Western State	17:09.90	10/1/11	Cowboy Jamboree
18	Badaru, Lillian	Texas Tech	17:10.50	10/5/09	Cowboy Jamboree
19	Kemboi, Agnes	TCU	17:11.62	10/1/11	Cowboy Jamboree
20	Struckoff, Jacque	Kansas State	17:11.64	1985	Cowboy Jamboree
21	Goodman, Jackie	Oklahoma State	17:12.00	1988	Cowboy Jamboree
22	Daniel, Leigh	Texas Tech	17:14	10/2/99	Cowboy Jamboree
23	Badaru, Lillian	South Plains (TX)	17:15	9/29/07	Cowboy Jamboree
24	Keitany, Gladys	TCU	17:16	9/30/00	Cowboy Jamboree
25	Akraka, Maria	Iowa State	17:16.11	10/31/88	Big 8 Championship
26	Smith, Sherrie	Unattached	17:19	10/2/99	Cowboy Jamboree
27	Nalepu, Natalie	Baylor	17:19.44	1991	Cowboy Jamboree
28	NcMenamin, Gina	Houston	17:19.65	1985	Cowboy Jamboree
29	Bonds, Lauren	Kansas	17:19.90	10/5/09	Cowboy Jamboree
30	Garrett, Heather	Oklahoma State	17:20.99	1989	Cowboy Jamboree
31	Nelson, Alicia	Adams State	17:22.79	10/1/11	Cowboy Jamboree
32	Stadler, Anne	Kansas State	17:22.85	1985	Cowboy Jamboree
33	Biwott, Purity	Texas Tech	17:24.50	10/5/09	Cowboy Jamboree
34	Barry, Angie	Kansas State	17:25.13	10/31/88	Big 8 Championship
35	Prowse, Juliet	Nebraska	17:25.74	10/31/88	Big 8 Championship
36	Campbell, Catrina	Colorado	17:26.16	10/31/88	Big 8 Championship
37	Lutdal, Tove	Oklahoma	17:26.20	1985	District V Championship
38	Karunde, Caroline	Texas Tech	17:26.40	10/5/09	Cowboy Jamboree
39	Piliusina, Natalja	Oklahoma State	17:26.64	10/1/11	Cowboy Jamboree
40	Ginther, Samantha	Indiana	17:26.86	10/1/11	Cowboy Jamboree
41	Emstrom, Karin	Baylor	17:28	10/2/99	Cowboy Jamboree
42	Schultz, Courtney	New Mexico St.	17:28.02	10/1/11	Cowboy Jamboree
43	Vanatta, Chris	Unattached	17:28.04	1986	Cowboy Jamboree
44	Amen, Mary	Nebraska	17:28.38	1985	Cowboy Jamboree
45	Deckert, Alyson	Kansas State	17:28.61	1985	Cowboy Jamboree
46	Colby, Tami	Iowa State	17:28.88	1985	Cowboy Jamboree
T47	Kamangila, Faithy	Oral Roberts	17:29	9/29/07	Cowboy Jamboree
T47	Windler, Erin	Missouri	17:29	11/1/97	Big 12 Championship
T47	Wells, Sara	Oklahoma State	17:29	9/30/00	Cowboy Jamboree
50	Kanuho, Rochelle	Northern Arizona	17:29.21	10/1/11	Cowboy Jamboree

COWBOY JAMBOREE YEAR-BY-YEAR WOMEN'S HISTORY

Year	*Team Champion*	*Individual Champion*	*OSU Team Finish*	*OSU Top Individual*
1977	Kansas State	Karen Bridges (Oklahoma State)	Did Not Qualify	Karen Bridges - First
1978	Houston	Karen Bridges (Oklahoma State)	Did Not Qualify	Karen Bridges - First
1979	Oklahoma	Tammy Tucker (Wichita State)	Sixth	Lisa Carman - 14th
1980	New Mexico	Tammy Tucker (Wichita State)	Third	Paula Tiger - 12th
1981	Wichita State	Kellie Cathey (Oklahoma)	Third	Susan Corey - First
1982	Southwest Missouri	Roche-Kelly (Oklahoma)	Third	Linda Thompson - Fourth
1983	Kansas State	Betsy Silzer (Kansas State)	Fifth	Christine McMiken - Sixth
1984	Houston	Christine McMiken (Oklahoma State)	Third	Christine McMiken - First
1985	Houston	Christine McMiken (Oklahoma State)	Fourth	Christine McMiken - First
1986	Oklahoma State	Christine McMiken/Veronica Haberl (Okla. State)	First	Christine McMiken/Veronica Haberl - First
1987	Texas-Arlington	Jackie Goodman (Oklahoma State)	-	Jackie Goodman - First
1988	Oklahoma State	Sonia Barry (Oklahoma State)	First	Sonia Barry - First
1989	Oklahoma State	Heather Garrett (Oklahoma State)	First	Heather Garrett - First
1990	Arkansas	Heather Garrett (Oklahoma State)	Fifth	Heather Garrett - First
1991	Baylor	Natalie Nalepu (Baylor)	Fourth	Donna Levy - Second
1992	Kansas State	Donna Levy (Unattached)	Fifth	Julie Nelson - 15th
1993	Kansas State	Janice Turner (Unattached)	Second	Amber Clark - Ninth
1994	Oklahoma	Alice Braham (Oklahoma)	Second	Danielle Coleman - Fifth
1995	Baylor	Casi Florida (Abilene Christian)	Fourth	Jessica De La Cerda - 14th
1996	Baylor	Hanna Smedstad (Oklahoma State)	Third	Hanna Smedstad - First
1997	Baylor	Sherrie Smith (Baylor)	Ninth	Tamara Dingley - 26th
1998	Washington	Hanna Smedstad (Oklahoma State)	Third	Hanna Smedstad - First
1999	Baylor	Leigh Daniel (Texas Tech)	12th	Sara Wells - 20th
2000	TCU	Gladys Keitany (TCU)	Second	Sara Wells - Second
2001	Georgetown	Amy Mortimer (Kansas State)	Second	Siri Alfheim - Third
2002	Georgetown	Jill Laurendeau (Georgetown)	Did Not Compete	No OSU competitors
2003	Texas Tech	Rachel Collins (SMU)	17th	Catherine Clifford - 58th
2004	Texas Tech	Mirian Kaumba (Oklahoma Baptist)	14th	JoAnna Fedick - 40th
2005	Oklahoma State	Mirian Kaumba (Unattached)	First	Barbora Kuncova - Third
2006	Oklahoma State	Desiraye Osburn (Wichita State)	First	Mary Davies - Fifth
2007	Missouri State	Lillian Badaru (South Plains)	Fourth	Maria Trejo - 17th
2008	Northern Arizona	Beverly Ramos (Kansas State)	Second	Natalia Kovtun - 10th
2009	Texas Tech	Lillian Badaru (Texas Tech)	11th	Mihaela Susa - Sixth
2010	Oklahoma State	Mihaela Susa (Oklahoma State)	First	Mihaela Susa - First
2011	Oklahoma State	Lauren Kleppin (Western State)	First	Natalja Piliusina - Fourth

- Not documented in OSU athletics' files or in newspaper accounts of the race from *The Oklahoman*, the *Stillwater NewsPress* or the *Daily O'Collegian*

1978 - Only four runners competed for OSU, making the Cowgirls ineligible for a team score.

CROSS COUNTRY ALL-TIME RESULTS

1982: HEAD COACH - DORSEY REIRDON

Wichita State Gold Classic	Wichita, KS	6th
OSU-OU-AR Triangular		3rd
Cowboy Jamboree	Stillwater, OK	3rd
Sooner Invitational	Norman, OK	2nd
Big Eight Championship	Lincoln, NE	6th
District V Championship		6th

1983: HEAD COACH - DICK WEIS

Wichita State Gold Classic	Wichita, KS	6th
Cowboy Jamboree	Stillwater, OK	5th
Sooner Invitational	Norman, OK	2nd
North Texas Invitational	Denton, TX	3rd
Big Eight Championship	Lawrence, KS	7th

1984: HEAD COACH - DICK WEIS

OSU Invitational	Stillwater, OK	NTS
Wichita State Gold Classic	Wichita, KS	4th
Sooner Invitational	Norman, OK	2nd
OU Triangular	Norman, OK	3rd
Cowboy Jamboree	Stillwater, OK	3rd
Arkansas Invitational	Fayetteville, AR	NTS
Big Eight Championship	Boulder, CO	6th
District V Championship		NTS

1985: HEAD COACH - DICK WEIS

All-Comers Meet		NTS
Missouri Invitational	Columbia, MO	5th
Cowboy Jamboree	Stillwater, OK	4th
Sooner Invitational	Norman, OK	1st
Arkansas Invitational	Fayetteville, AR	2nd
Big Eight Championship	Columbia, MO	4th
District V Championship		5th
NCAA Championship	Milwaukee, WI	NTS

1986: HEAD COACH - DICK WEIS

Wichita State Gold Classic	Wichita, KS	N/A
Kansas State Invitational	Manhattan, KS	N/A
Cowboy Jamboree	Stillwater, OK	N/A
Sooner Invitational	Norman, OK	N/A
Arkansas Invitational	Fayetteville, AR	N/A
Big Eight Championship	Manhattan, KS	1st
District V Championship		N/A
NCAA Championship	Tucson, Ariz.	N/A

1987: HEAD COACH - DICK WEIS

Not Available

1988: HEAD COACH - DICK WEIS

Early Bird Invitational		2nd
at SW Missouri State	Springfield, Mo.	W
vs. Arkansas	Stillwater, OK	W
OSU Jamboree	Stillwater, OK	1st
Arkansas Invitational	Fayetteville, AR	1st
Big Eight Championship	Stillwater, OK	2nd
District V Championship		2nd
NCAA Championship	Ames, IA	11th

1989: HEAD COACH - DICK WEIS

Wichita State Gold Classic	Wichita, KS	1st
OSU Duals	Stillwater, OK	1st
Cowboy Jamboree	Stillwater, OK	1st
North Texas Invitational	Denton, TX	1st
Arkansas Invitational	Fayetteville, AR	1st
Big Eight Championship	Ames, IA	2nd
District V Championship		2nd
NCAA Championship	Annapolis, MD	5th

1990: HEAD COACH - DICK WEIS

Wichita State Gold Classic	Wichita, KS	NTS
at Wichita State	Wichita, KS	W
OSU Jamboree	Stillwater, OK	5th
Arkansas Invitational	Fayetteville, AR	4th
Big Eight Championship	Lincoln, NE	8th
District V Championship		NTS
NCAA Championship	Knoxville, TN	NTS

1991: HEAD COACH - DICK WEIS

Wichita State Gold Classic	Wichita, KS	NTS
vs. Oral Roberts	Stillwater, OK	W
vs. Tulsa	Stillwater, OK	W
vs. Wichita State	Stillwater, OK	W
OSU Jamboree	Stillwater, OK	NTS
Arkansas Invitational	Fayetteville, AR	NTS
Big Eight Championship	Lawrence, KS	8th

1992: HEAD COACH - DICK WEIS

Wichita State Gold Classic	Wichita, KS	2nd
vs. Oral Roberts	Stillwater, OK	W
vs. Tulsa	Stillwater, OK	W
Cowboy Jamboree	Stillwater, OK	5th
Arkansas Invitational	Fayetteville, AR	4th
Big Eight Championship	Boulder, CO	T5th

1993: HEAD COACH - DICK WEIS

vs. Wichita State	Stillwater, OK	W
SMU Invitational	Dallas, TX	4th
Cowboy Jamboree	Stillwater, OK	2nd
Razorback Invitational	Fayetteville, AR	4th
Big Eight Championship	Columbia, MO	7th
Region V Championship		10th

1994: HEAD COACH - DICK WEIS

Cowboy Jamboree	Stillwater, Okla	2nd
Texas Tech Invitational	Lubbock, TX	3rd
Chile Pepper Festival	Fayetteville, AR	15th
Wildcat Invitational	Manhattan, KS	4th
OSU Duals	Stillwater, OK	1st
Big Eight Championship	Manhattan, KS	8th
Midwest Regional		11th

1995: HEAD COACH - CATRINA ACOSTA

Red Raider Invitational	Lubbock, TX	1st
OSU Duals	Stillwater, OK	3rd
Wildcat Invitational	Topeka, KS	4th
Chile Pepper Festival	Fayetteville, AR	15th
Cowboy Jamboree	Stillwater, OK	4th
Jayhawk Invitational	Lawrence, KS	3rd
Big Eight Championship	Lawrence, KS	7th
Midwest Regional		9th

1996: HEAD COACH - CATRINA ACOSTA

Cowboy Jamboree	Stillwater, OK	4th
Michigan Invitational	Ann Arbor, MI	5th
Big 12 Championship	Ames, IA	6th
Midwest Regional	Peoria, IL	4th

1997: HEAD COACH - CATRINA ACOSTA

OSU Duals	Stillwater, OK	NTS
Sundodger Invitational	Seattle, WA	8th
Cowboy Jamboree	Stillwater, OK	9th
Chile Pepper Festival	Fayetteville, AR	8th
Big 12 Championship	Stillwater, OK	10th
Midwest Regional	Ames, IA	15th
NCAA Championship	Greenville, SC	NTS

1998: HEAD COACH - CATRINA ACOSTA

Wichita Gold Classic	Wichita, KS	1st
Jayhawk Invitational	Lawrence, KS	11th
Nebraska Invitational	Lincoln, NE	4th
Cowboy Jamboree	Stillwater, OK	3rd
Bob Timmons Invitational	Lawrence, KS	12th
Big 12 Championship	Lincoln, NE	6th
Midwest Regional	Wichita, KS	5th
NCAA Championship	Lawrence, KS	20th

1999: HEAD COACH - CATRINA ACOSTA

UTEP Invitational	El Paso, TX	2nd
SMU XC Invitational	Dallas, TX	4th
Cowboy Jamboree	Stillwater, OK	12th
ORU Subway Classic	Tulsa, OK	1st
Big 12 Championship	College Station, TX	12th
Midwest Regional	Savoy, IL	19th
NCAA Championship	Bloomington, IN	NTS

(Hanna Smedstad - 18th)

CROSS COUNTRY ALL-TIME RESULTS

2000: HEAD COACH - CATRINA ACOSTA

UTEP Opener	El Paso, TX	1st
SMU Invitational	Dallas, TX	1st
Cowboy Jamboree	Stillwater, OK	2nd
ISU Memorial Classic	Ames, IA	39th
Big 12 Championship	Boulder, CO.	5th
Midwest Regional	Cedar Falls, IA	7th
NCAA Championship	Ames, IA	NTS

2001: HEAD COACH - CATRINA ACOSTA

Hurricane Invitational	Tulsa, OK	1st
Oklahoma Dual	Norman, OK	W
Cowboy Jamboree	Stillwater, OK	2nd
Chile Pepper Festival	Fayetteville, AR	2nd
Big 12 Championship	Norman, OK	2nd
Midwest Regional	Carbondale, IL	1st
NCAA Championship	Greenville, SC	18th

2002: HEAD COACH - CATRINA ACOSTA

John Kornelson Classic	Augusta, KS	2nd
Big Wave Invitational	Oahu, HI	3rd
Cowboy Jamboree	Stillwater, OK	NTS
ORU Subway Classic	Tulsa, OK	3rd
Chile Pepper Festival	Fayetteville, AR	6th
Big 12 Championship	Columbia, MO	8th
Midwest Regional	Normal, IL	9th
NCAA Championship	Terre Haute, IN	NTS
(Marie Nillson - 66th)		

2003: HEAD COACH - RENE SEPULVEDA

Hurricane Festival	Tulsa, OK	4th
John Kornelson Classic	Augusta, KS	3rd
Cowboy Jamboree	Stillwater, OK	17th
Auburn Invitational	Auburn, AL	17th
Big 12 Championship	Austin, TX	12th
Midwest Regional	Stillwater, OK	23rd

2004: HEAD COACH - RENE SEPULVEDA

Hurricane Invitational	Tulsa, OK	1st
Wildcat Invitational	Topeka, KS	1st
Cowboy Jamboree	Stillwater, OK	14th
Triton Classic	San Diego, CA	1st
ORU Subway Classic	Tulsa, OK	2nd
Big 12 Championship	Topeka, KS	3rd
Midwest Regional	Peoria, IL	3rd
NCAA Championship	Terre Haute, IN	NTS
(Mary Davies - 48th)		

2005: HEAD COACH - RENE SEPULVEDA

Idaho State Invitational	Pocatello, ID	1st
Hurricane Invitational	Tulsa, OK	5th
Roy Griak Invitational	Minneapolis, MN	4th
Cowboy Jamboree	Stillwater, OK	1st
ORU Subway Classic	Tulsa, OK	3rd
Chile Pepper Festival	Fayetteville, AR	1st
Big 12 Championship	Waco, TX	2nd
Midwest Regional Champ.	Iowa City, IA	1st
NCAA Championship	Terre Haute, IN	10th

Mihaela Susa

2006: HEAD COACH - RENE SEPULVEDA

Hurricane Invitational	Tulsa, OK	1st
North Texas Invitational	Denton, TX	3rd
Cowboy Jamboree	Stillwater, OK	1st
NCAA Pre-Nationals	Terre Haute, IN	18th
Big 12 Championship	Lawrence, KS	4th
Midwest Regional	Falcon Heights, MN	5th

2007: HEAD COACH - RENE SEPULVEDA

Hurricane Invitational	Tulsa, OK	3rd
Friends Invitational	Wichita, KS	1st
Boston College Invite	Boston, MA	3rd
Notre Dame Invitational	South Bend, IN	9th
Cowboy Jamboree	Stillwater, OK	4th
Chile Pepper Invitational	Fayetteville, AR	5th
Big 12 Championships	Lubbock, TX	5th
NCAA Midwest Regional	Peoria, IL	5th

2008: HEAD COACH - RENE SEPULVEDA

Hurricane Invitational	Tulsa, OK	3rd
Iowa State Open	Ames, IA	NTS
Missouri State Classic	Springfield, MO	4th
Cowboy Jamboree	Stillwater, OK	2nd
Pre-Nationals	Terre Haute, IN	13th
Big 12 Championships	Ames, IA	7th
NCAA Midwest Regional	Stillwater, OK	5th

2009: HEAD COACH - DAVE SMITH

Hurricane Festival	Tulsa, OK	2nd
Cowboy Jamboree	Stillwater, OK	11th
Chile Pepper Festival	Fayetteville, AR	6th
Big 12 Championships	Columbia, MO	10th
NCAA Midwest Regional	Springfield, MO	NTS
NCAA Championship	Terre Haute, IN	NTS
(Mihaela Susa – 110th)		

2010: HEAD COACH - DAVE SMITH

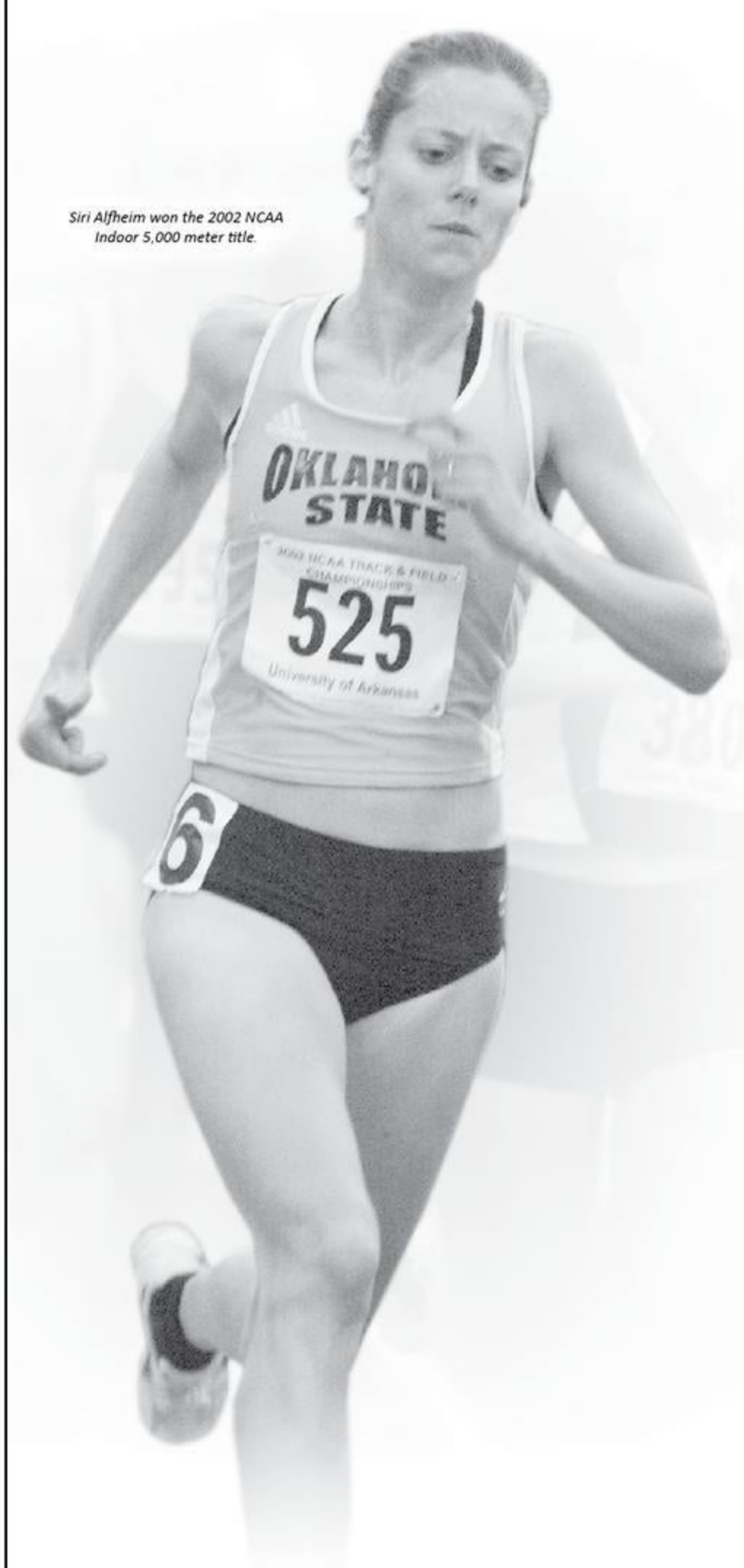
Hurricane Festival	Tulsa, OK	2nd
Cowboy Jamboree	Stillwater, OK	1st
Chile Pepper Festival	Fayetteville, AR	1st
Big 12 Championships	Stillwater, OK	4th
NCAA Midwest Regional	Peoria, IL	2nd
NCAA Championships	Terre Haute, IN	17th

2011: HEAD COACH – DAVE SMITH

Hurricane Festival	Tulsa, OK	1st
Cowboy Jamboree	Stillwater, OK	1st
Chile Pepper Festival	Fayetteville, AR	3rd
Big 12 Championships	Columbia, MO	3rd
NCAA Midwest Regional	Springfield, MO	2nd
NCAA Championship	Terre Haute, IN	30th

NTS - No Team Score

N/A - No results available



Siri Alfheim won the 2002 NCAA Indoor 5,000 meter title.

NCAA INDOOR CHAMPIONSHIPS (YEARS OSU SCORED)

1984	T39th	1 point
1985	T17th	10 points
1986	T25th	4 points
1987	T21st	4 points
1988	T29th	2 points
1989	T13th	10 points
1990	T25th	6 points
1997	25th	7 points
1998	T38th	5 points
1999	T38th	5 points
2002	T22nd	10 points
2010	40th	5 points
2011	40th	5 points
2012	T28th	8 points

NCAA INDOOR INDIVIDUAL CHAMPIONS (3)

1985	Christine McMiken	3,000 meter run	8:58.68
1989	Jackie Goodman	5,000 meter run	15:52.77
2002	Siri Alfheim	5,000 meter run	16:12.28

OKLAHOMA STATE'S INDOOR ALL-AMERICANS (22)

1984	Christine McMiken	3,000 meter run	First Team
1985	Christine McMiken	3,000 meter run	First Team
1986	Leisa Davis-Knowles	500 meter run	First Team
1997	Sherita Jackson	200 meter dash	First Team
1997	Jenny Framme	3,000 meter run	First Team
1997	Veronica Haberl	3,000 meter run	First Team
1998	Sherita Jackson	200 meter dash	First Team
1998	Andrene Thompson	800 meters	First Team
1998	Alexandra Lindquist	Distance Medley Relay	First Team
1998	Krystal Beamon	Distance Medley Relay	First Team
1998	Andrene Thompson	Distance Medley Relay	First Team
1998	Tamara Dingley	Distance Medley Relay	First Team
2001	Sara Wells	5,000 meter run	First Team
2002	Siri Alfheim	5,000 meter run	First Team
2010	Mihaela Susa	Mile	First Team
2010	Felicity Milton	5,000 meters	First Team
2011	Natalja Piliusina	Mile	Second Team
2011	Mihaela Bobos	Distance Medley Relay	First Team
2011	Brandi Andrews	Distance Medley Relay	First Team
2011	Natalja Piliusina	Distance Medley Relay	First Team
2011	Mihaela Susa	Distance Medley Relay	First Team
2012	Natalja Piliusina	800 meters	First Team

OSU AT THE INDOOR CONFERENCE MEET

1977	Big 8	7th	3 points
1978	Big 8	8th	10 points
1979	Big 8	8th	12 points
1980	Big 8	8th	14 points
1981	Big 8	8th	4 points
1982	Big 8	8th	12 points
1983	Big 8	8th	18 points
1984	Big 8	8th	14 points
1985	Big 8	7th	28 points
1986	Big 8	7th	48.5 points
1987	Big 8	6th	40 points
1988	Big 8	8th	32 points
1989	Big 8	5th	54 points

TRACK POST-SEASON HISTORY/HONOR ROLL

1990	Big 8	5th	54 points
1991	Big 8	8th	10 points
1992	Big 8	8th	10 points
1993	Big 8	8th	14 points
1994	Big 8	7th	10 points
1995	Big 8	8th	13 points
1996	Big 8	8th	11.5 points
1997	Big 12	6th	49 points
1998	Big 12	12th	16 points
1999	Big 12	6th	49 points
2000	Big 12	10th	17 points
2001	Big 12	12th	14 points
2002	Big 12	11th	30 points
2003	Big 12	12th	2 points
2004	Big 12	11th	28 points
2005	Big 12	9th	49 points
2006	Big 12	10th	35 points
2007	Big 12	12th	2 points
2008	Big 12	11th	13 points
2009	Big 12	10th	18 points
2010	Big 12	11th	13 points
2011	Big 12	10th	30 points
2012	Big 12	9th	31 points

INDOOR CONFERENCE CHAMPIONS (29)

1978	Karen Bridges	Big 8	Two-mile run	10:36.17
1984	Christine McMiken	Big 8	Three-mile run	15:41.50
1985	Leisa Davis	Big 8	440 yard dash	54:14
1985	Christine McMiken	Big 8	Three-mile run	14:53.80
1986	Justine Craig	Big 8	880 yard run	2:08.30
1987	Justine Craig	Big 8	1,000 yard run	2:32.17
1987	Veronica Haberl	Big 8	Mile run	4:45.95
1987	Jackie Goodman	Big 8	Two-mile run	10:08.29
1988	Jackie Goodman	Big 8	3,000 meter run	9:17.44
1988	Jackie Goodman	Big 8	5,000 meter run	16:49.67
1989	Sonia Barry	Big 8	Mile run	4:46.75
1989	Jackie Goodman	Big 8	3,000 meter run	9:29.24
1989	Jackie Goodman	Big 8	5,000 meter run	16:13.10
1990	Rosa Baker	Big 8	55 meter hurdles	7.71
1993	LaToya Polk	Big 8	800 meter run	2:09.92
1999	Alexandra Lindquist	Big 12	Mile run	4:47.76
1999	Andrene Thompson	Big 12	800 meter run	2:09.53
2005	Delissa McLean	Big 12	Weight throw	20.93m
2011	Natalja Piliusina	Big 12	800 meter run	2:08.47
2011	Mihaela Susa	Big 12	Mile run	4:44.17
2011	Natalja Piliusina	Big 12	Distance Medley Relay	11:09.67
2011	Mihaela Bobos	Big 12	Distance Medley Relay	11:09.67
2011	Caileigh Glenn	Big 12	Distance Medley Relay	11:09.67
2011	Mihaela Susa	Big 12	Distance Medley Relay	11:09.67
2012	Natalja Piliusina	Big 12	800 meters	2:07.43
2012	Kate Kujawa	Big 12	Distance Medley Relay	11:19.42
2012	Mihaela Bobos	Big 12	Distance Medley Relay	11:19.42
2012	Caileigh Glenn	Big 12	Distance Medley Relay	11:19.42
2012	Natalja Piliusina	Big 12	Distance Medley Relay	11:19.42

NCAA OUTDOOR CHAMPIONSHIPS (YEARS OSU SCORED)

1984	T45th	8 points
1985	T16th	16 points
1986	16th	16 points
1987	T44th	4 points
1988	22nd	11 points
1989	14th	16 points
1990	T63rd	1 point
1991	T46th	4 points
1992	T25th	8 points
1997	T38th	5 points
2001	T40th	5 points
2002	T29th	8 points
2005	T44th	6 points
2006	T37th	6 points
2011	T34th	8 points
2012	T50th	4 points

NCAA OUTDOOR INDIVIDUAL CHAMPIONS (1)

1989	Jackie Goodman	10,000 meter run	33:42.35

OSU'S OUTDOOR ALL-AMERICANS (35)

1975	Suzie Winningham	100 meter hurdles	First Team
1984	Christine McMiken	5,000 meter run	First Team
1984	Christine McMiken	10,000 meter run	First Team
1985	Leisa Davis-Knowles	400 meter hurdles	First Team
1985	Christine McMiken	10,000 meter run	First Team
1986	Leisa Davis-Knowles	400 meter hurdles	First Team
1986	Christine McMiken	10,000 meter run	First Team
1987	Jackie Goodman	5,000 meter run	First Team
1988	Laverne Clark	Triple jump	First Team
1988	Jackie Goodman	5,000 meter run	First Team
1988	Jackie Goodman	3,000 meter run	First Team
1989	Jackie Goodman	10,000 meter run	First Team
1989	Jackie Goodman	5,000 meter run	First Team
1990	Rosa Baker	55 meter hurdles	First Team
1990	Heather Garrett	3,000 meter run	First Team
1991	Donna Levy	5,000 meter run	First Team
1992	Donna Levy	10,000 meter run	First Team
1997	TracyAnn Baker	200 meters	First Team
1997	Jenny Framme	3,000 meters	First Team
1999	Krystal Beamon	Distance medley relay	First Team
1999	Hanna Smedstad	Distance medley relay	First Team
1999	Alexandra Lindquist	Distance medley relay	First Team
1999	Adrene Thompson	Distance medley relay	First Team
2001	Sara Wells	10,000 meter run	First Team
2002	Siri Alfheim	5,000 meter run	First Team
2005	Mary Davies	10,000 meter run	First Team
2005	Halee Prickett	Shot Put	First Team
2005	Delissa McLain	Hammer throw	First Team
2005	Alison Erzinger	400 meter hurdles	First Team
2006	Mary Davies	10,000 meter run	First Team
2011	Natalja Piliusina	800 meter run	First Team
2011	Tone Hjalmarsen	10,000 meter run	Second Team
2012	Toni Young	High Jump	First Team
2012	Natalja Piliusina	1,500 meter run	Second Team
2012	Kate Kujawa	3,000m Steeplechase	Third Team

OSU AT THE OUTDOOR CONFERENCE MEET

1974	Big 8	3rd	62 points
1975	Big 8	3rd	50 points
1976	Big 8	6th	17 points
1977	Big 8	8th	4 points
1978	Big 8	8th	15 points
1979	Big 8	8th	35 points
1980	Big 8	8th	3 points
1981	Big 8	8th	6 points
1982	Big 8	8th	15 points
1983	Big 8	8th	18 points
1984	Big 8	7th	20 points
1985	Big 8	7th	35 points
1986	Big 8	3rd	76 points
1987	Big 8	5th	56 points
1988	Big 8	5th	40 points
1989	Big 8	6th	41 points
1990	Big 8	5th	60 points
1991	Big 8	8th	8 points
1992	Big 8	8th	10 points
1993	Big 8	8th	6 points
1994	Big 8	7th	10 points
1995	Big 8	8th	18.5 points
1996	Big 8	8th	29.2 points
1997	Big 12	11th	34 points
1998	Big 12	12th	15 points
1999	Big 12	8th	44 points
2000	Big 12	10th	29 points
2001	Big 12	12th	6 points
2002	Big 12	12th	19 points
2003	Big 12	12th	11 points
2004	Big 12	12th	26 points
2005	Big 12	7th	55 points
2006	Big 12	9th	39 points
2007	Big 12	12th	22 points
2008	Big 12	11th	17 points
2009	Big 12	11th	22 points
2010	Big 12	12th	11 points
2011	Big 12	11th	12 points
2012	Big 12	10th	38 points

OUTDOOR CONFERENCE CHAMPIONS (39)

1974	Suzie Winningham	Big 8	100 yard hurdles	15.3
1974	4x100 meter relay	Big 8	4x100 meter relay	50.6
1974	Marilyn Linsenmeyer	Big 8	400 meter hurdles	1:04.1
1974	Marilyn Linsenmeyer	Big 8	High jump	5-4
1975	Suzie Winningham	Big 8	100 yard hurdles	14.7
1979	Karen Bridges	Big 8	10,000 meter run	35:07.42
1979	Debbie Smallwood	Big 8	Javelin throw	149-11.5
1982	Debbie Smallwood	Big 8	Javelin throw	146-8
1984	Christine McMiken	Big 8	10,000 meter run	33:47.68
1985	Leisa Davis	Big 8	400 meter hurdles	57.75
1985	Christine McMiken	Big 8	5,000 meter run	16:40.62
1986	Leisa Davis-Knowles	Big 8	100 meter dash	11.65
1986	Leisa Davis-Knowles	Big 8	400 meter hurdles	56.88
1986	Veronica Haberl-Martin	Big 8	1,500 meter run	4:24.79
1986	Christine McMiken	Big 8	3,000 meter run	9:31.40
1986	Christine McMiken	Big 8	5,000 meter run	16:47.77
1987	Justine Craig	Big 8	800 meter run	2:05.06
1988	Jackie Goodman	Big 8	3,000 meter run	9:33.95
1988	Jackie Goodman	Big 8	5,000 meter run	16:44.93
1988	Laverne Clarke	Big 8	Triple jump	42-10.25
1989	Jackie Goodman	Big 8	5,000 meter run	16:18.33
1989	Jackie Goodman	Big 8	10,000 meter run	34:34.75
1990	4x100 meter relay	Big 8	4x100 meter relay	45.57
1992	Donna Levy	Big 8	10,000 meter run	34:35.76
1997	Hanna Smedstad	Big 12	5,000 meter run	17:06.85
2004	Valentina Medina	Big 12	1,500 meter run	4:26.14
2005	Barbora Kuncova	Big 12	3,000 meter steeplechase	10:14.89
2005	Delissa McLean	Big 12	Hammer throw	61.04m
2006	Mary Davies	Big 12	3,000 meter steeplechase	10:09.42
2006	Mary Davies	Big 12	5,000 meter run	16:16.54
2006	Mary Davies	Big 12	10,000 meters	33:28.68
2011	Natalja Piliusina	Big 12	800 meters	2:05.57
2012	Natalja Piliusina	Big 12	800 meters	2:05.23

Jackie Goodman

INDOOR SCHOOL RECORDS

55 METER DASH

1) 6.96	Sherita Jackson		1998
2) 6.99	Latoyia Hinds		1998
3) 7.01	TracyAnn Baker	Big 12 Championships	1997
4) 7.11	Krystal Beamon	Big 12 Championships	1997
5) 7.16	Natasha Santee	Silver State Invitational	1999
6) 7.28	Christy Dye	Big 8 Championships	1995
7) 7.33	Celestina Bucknell	Big 8 Championships	1995
8) 7.38	Danna Guinn	Big 8 Championships	1993
9) 7.40	Stephani Duff		1999
10) 7.44	Maranda Brown	Big 12 Championships	1997

55 METER HURDLES

1) 6.96	Sherita Jackson		1998
2) 6.99	Latoyia Hinds		1998
3) 7.01	TracyAnn Baker	Big 12 Championships	1997
4) 7.11	Krystal Beamon	Big 12 Championships	1997
5) 7.22	Natasha Santee		1999
6) 7.28	Christy Dye	Big 8 Championships	1995
7) 7.33	Celestina Bucknell	Big 8 Championships	1995
8) 7.38	Danna Guinn	Big 8 Championships	1993
9) 7.40	Stephani Duff		1999
10) 7.44	Maranda Brown	Big 12 Championships	1997

60 METER DASH

1) 7.63	Sherita Jackson	Big 12 Championships	1999
2) 7.69	Natasha Santee	Tyson Invitational	2000
3) 7.82	Lauren McKee	Sooner Indoor	2007
4) 7.89	Melissa Ndubilo	KSU Invitational	2003
5) 7.90	Charya Hubbard	Tyson Invitational	2000
6) 7.95	Fey Bashorun	J.D. Martin Invitational	2008
7) 7.98	Tekeisha Lewis	KSU All-Comers	2008
8) 7.99	Stephani Duff		1999
9) 8.03	Taylor Stolt	KSU All Comers	2011
10) 8.08	Tiffani Davis	KSU Invitational	2001

60 METER HURDLES

1) 8.14	Lora Davies		1985
2) 8.83	Tiffani Davis	Frank Sevigne Invitational	1999
3) 8.93	Stephani Duff	Big 12 Championships	1999
4) 9.04	Clara Telford	JD Martin Invitational	2012
T5) 9.14	Melody Vaughn	Big 12 Championships	1997
T5) 9.14	Evin Shirley	Big 12 Championships	2003
7) 9.26	Kendra Woodson	KSU All-Comers	2009
8) 9.27	Bailey Johnson	JD Martin Invitational	2012
9) 9.34	Baiba Blumbaha	Oklahoma Invitational	2006
10) 9.36	Tihana Sarac	Big 12 Championships	2008

200 METER DASH

1) 23.25	Sherita Jackson		1999
2) 23.94	TracyAnn Baker	Big 12 Championships	1997
T3) 24.50	Rosa Baker	Oklahoma Track Classic	1990
T3) 24.50	Stacy Clack	Big 8 Championships	1990
5) 24.70	Natasha Santee	Big 12 Championships	2000
6) 24.80	Alison Erzinger	Washington Invitational	2005
7) 24.93	Krystal Beamon	Big 12 Championships	1997
8) 25.21	Lauren McKee	Big 12 Championships	2008
9) 25.23	Cameko Tyner	Big 12 Championships	2000
10) 25.31	Danna Guinn	Big 8 Championships	1993

400 METER DASH

1) 53.38	Leisa Davis-Knowles	Big 8 Championships	1986
2) 54.85	Alison Erzinger	Washington Invitational	2005
3) 56.24	Nicki Brackeen	Big 8 Championships	1990
4) 56.67	Laura Ford	Big 8 Championships	1986
5) 56.72	Natasha Santee	Big 12 Championships	1999
6) 56.92	Ingrid Johnson	Sooner Indoor	1988
7) 57.10	Theresa Brantley	Big 8 Championships	1983
8) 58.68	Sarah Walker	Iowa State Classic	2006
9) 58.79	Charmaine Schmidt	Big 8 Championships	1996
10) 59.02	Melissa Ndubilo	Iowa State Classic	2006

600 YARDS

1) 1:20.41	Leisa Davis-Knowles	Big 8 Championships	1985
2) 1:23.68	Alison Erzinger		2004
3) 1:24.05	Adrene Thompson	Big 12 Championships	1997
4) 1:24.40	Irene Masai	Sooner Open	2008
5) 1:24.85	Angela McGeown	Oklahoma Track Classic	1984
6) 1:25.53	Brandi Andrews	Sooner Open	2010
7) 1:25.94	Kendra Woodson	Iowa State Classic	2009
8) 1:26.46	Kristen Gillespie	Kansas State Invitational	2009
9) 1:27.05	Mihaela Bobos	KSU Invitational	2012
10) 1:27.10	Tihana Sarac	Iowa State Classic	2007

800 METERS

1) 2:03.46	Natalja Piliusina	Alex Wilson Invitational	2012
2) 2:06.68	Adrene Thompson		1999
3) 2:07.56	Justine Craig	Big 8 Championships	1986
4) 2:09.10	Michelle Prowse	Washington Invitational	2004
5) 2:09.82	Kristen Gillespie	Meyo Invitational	2009
6) 2:09.92	Latoya Polk	Big 8 Championships	1993
7) 2:11.00	Jenny Framme	All-Comers Meet	1996
8) 2:11.06	Caileigh Glenn	Razorback Invitational	2011
9) 2:11.42	Valentina Medina	Sooner Indoor Meet	2002
10) 2:11.56	Mihaela Bobos	Big 12 Championships	2011

1,000 METERS

1) 2:47.30	Veronica Haberl	NCAA Championships	1986
2) 2:49.33	Demetra Castille	Big 8 Championships	1990
3) 2:49.50	Caileigh Glenn	Big 12 Championships	2012
4) 2:50.10	Marianne Spear		1978
5) 2:50.73	Michelle Prowse	Big 12 Championships	2005
6) 2:51.18	Eva Tomankova	Big 12 Championships	2005
7) 2:51.22	Teran Mixon	Big 12 Championships	2010
8) 2:51.48	Heather Garrett	Big 8 Championships	1989
9) 2:52.18	Mihaela Susa	Holiday Inn Invitational	2008
10) 2:52.23	Natalia Kovtun	Big 12 Championships	2009

MILE RUN

1) 4:36.38	Mihaela Susa	Alex Wilson Last Chance	2010
2) 4:37.50	Christine McMiken	Daily Oklahoman Classic	1985
3) 4:39.39	Natalja Piliusina	Husky Classic	2011
4) 4:42.24	Valentina Medina	Big 12 Championships	2002
5) 4:45.95	Veronica Haberl	Big 8 Championships	1987
6) 4:46.10	Alexandra Lindquist	Nebraska Last Chance	2001
7) 4:46.69	Michelle Prowse		2004
8) 4:46.75	Sonia Barry	Big 8 Championships	1988
9) 4:48.44	Eva Tomankova	Iowa State Classic	2008
10) 4:48.72	Kate Kujawa	Big 12 Championships	2012

3,000 METER RUN

1) 8:58.68	Christine McMiken	NCAA Championships	1985
2) 9:16.51	Mihaela Susa	Husky Classic	2011
3) 9:17.44	Jackie Goodman	Big 8 Championships	1988
4) 9:22.74	Jenny Framme	NCAA Championships	1997
5) 9:26.86	Mihaela Susa	Iowa State Classic	2009
6) 9:27.22	Siri Alfheim	Big 12 Championships	2002
7) 9:27.60	Heather Garrett	Big 8 Championships	1990
8) 9:28.03	Felicity Milton	Big 12 Championships	2010
9) 9:28.19	Eva Slavikova	Iowa State Classic	2006
10) 9:28.46	Hanna Smedstad	Big 12 Championships	2000

INDOOR SCHOOL RECORDS

5,000 METER RUN

1) 15:52.75	Jackie Goodman	NCAA Championships	1989
2) 15:58.34	Felicity Milton	Husky Classic	2010
3) 16:12.28	Siri Alfheim	NCAA Championships	2002
4) 16:23.76	Mary Davies	Washington Invitational	2005
5) 16:24.01	Barbora Kuncova	Arkansas Invitational	2005
6) 16:35.49	Sara Wells	Big 12 Championships	2001
7) 16:54.81	Tone Hjalmarsen	Big 12 Championships	2008
8) 16:59.33	Hanna Smedstad	Big 12 Championships	2000
9) 17:09.62	Donna Levy	All-Comers Meet	1992
10) 17:16.54	Araceli Davila	Big 12 Championships	2001

4X400 METER RELAY

1) 3:41.30	Beamon, T. Baker	Big 12 Championships	1997
	Thompson, Jackson		
2) 3:44.49		Big 12 Championships	1998
3) 3:44.53		Big 8 Championships	1986
4) 3:45.25	Santee, Beamon	All-Comers Meet	1996
	T. Baker, Jackson		
5) 3:45.66	Brackeen, R. Baker	Big 8 Championships	1990
	Clark, Jones		
6) 3:47.59	Brackeen, R. Baker	Arkansas Invitational	1990
	Clark, Johnson		
7) 3:49.60		Big 12 Championships	1999
8) 3:50.15			1980
9) 3:55.76	McMillian, Unruh	Big 8 Championships	1996
	Schmidt, Jackson		
10) 3:58.93		KSU All-Comers	2008

DISTANCE MEDLEY RELAY

1) 11:04.59	Piliusina, Bobos,	NCAA Championships	2011
	Andrews, Susa		
2) 11:09.67	Piliusina, Bobos,	Big 12 Championships	2011
	Glenn, Susa		
3) 11:19.42	Kujawa, Bobos	Big 12 Championships	2012
	Glenn, Piliusina		
4) 11:20.55	Lindquist, Beamon		1999
	Thompson, Smedstad		
5) 11:25.68	Lindquist, Santee		1999
	Thompson, Smedstad		
6) 11:25.80	Smedstad, T. Baker	USA Championships	1997
	Thompson, Dingley		
7) 11:28.55	Prowse, Birk		2004
	Erzinger, Medina		
8) 11:31.98	Kuncova, Erzinger	Big 12 Championships	2005
	Prowse, Medina		
9) 11:36.64	Tomankova, Masai	Big 12 Championships	2008
	Mixon, Susa		
10) 11:38.76	Tomankova, Masai	Meyo Invitational	2008
	Mixon, Susa		

HIGH JUMP

1) 1.78m/5-10	Tammy Lienhard	AIAW Championships	1979
2) 1.69m/5-6.5	Denise Frank	Big 8 Championships	1989
T3) 1.66m/5-5.25	Janet Harris	Big 8 Championships	1986
T3) 1.66m/5-5.25	Misty McMillian	Iowa State Classic	1995
5) 1.65m/5-5	Megan Toole		1998
6) 1.63m/5-4.25	Baiba Blumbaha	Oklahoma Invitational	2006
7) 1.60m/5-3	Angella Ogle	Tyson Invitational	2000
T8) 1.58m/5-2.25	Ashley Tate	Razorback Invitational	2004
T8) 1.58m/5-2.25	Destyn Stallings	J.D. Martin Invitational	2007
T8) 1.58m/5-2.25	Clara Telford	JD Martin Invitational	2012

LONG JUMP

1) 6.00m/19-8.25	Melinda Jackson	Tyson Invitational	2000
2) 5.95m/19-6.25	Melody Vaughn		1998
3) 5.94m/19-5.75	Baiba Blumbaha	Missouri Southern Open	2008
4) 5.90m/19-4.25	Clarissa Andrews	Razorback Invitational	2011
5) 5.86m/19-2.75	Zivile Siksnelyte	Sooner Indoor Meet	2007
6) 5.83m/19-1.5	Moira Steyn	Iowa State Classic	2006
7) 5.79m/19-0	Tihana Sarac	Missouri Southern Open	2008
8) 5.74m/18-10	Tina Nixon		1998
9) 5.69m/18-8	Paula Ogunbanjo	Norman	2005
T10) 5.64m/18-6	Melissa Ndubilo	Fazolis Open Invitational	2003
T10) 5.64m/18-6	Cody Birk	Manhattan	2006

TRIPLE JUMP

1) 13.01m/42-8.25	Paula Ogunbanjo	Tyson Invitational	2004
2) 12.69m/41-7.5	Baiba Blumbaha	Big 12 Championships	2009
3) 12.64m/41-5.5	Clarissa Andrews	Razorback Invitational	2011
4) 12.57m/41-3	Melinda Jackson		1999
T5) 12.46m/40-10.5	Adrienne Crenshaw	Big 12 Championships	2003
T5) 12.46m/40-10.5	Zivile Siksnelyte	Big 12 Championships	2007
7) 12.26m/40-2.75	Laverne Clark	Arkansas Indoor Meet	1988
8) 12.20m/40-0.25	Maria Berggren	Big 12 Championships	2002
9) 12.07m/39-7.25	Mateja Posavec	OU Invitational	2006
10) 11.88m/38-11.75	Moira Steyn	Big 12 Championships	2006

SHOT PUT

1) 16.16m/53-0.25	Halee Prickett	KSU All-Comers Meet	2003
2) 15.53m/50-11.5	Andrea Holloway	Big 12 Championships	1999
3) 15.26m/50-0.75	LaKendra Greathouse	KSU Invitational	2008
4) 15.05m/49-4.5	Merritt Dietz	Big 12 Championships	2009
5) 14.12m/46-04.0	Brooke Gritters	Tyson Invitational	2012
6) 14.36m/47-1.25	Joanne Rothery	Big 8 Championships	1985
7) 13.96m/45-9.5	Alina Roman	KSU All-Comers Meet	2007
8) 13.62m/44-8.25	Katie Hamilton	Big 12 Championships	2009
9) 13.47m/44-2.25	Brandi Broaddus	Oklahoma Invitational	2005
10) 13.42m/44-0.25	Kim Wilkes		1981

WEIGHT THROW

1) 20.93m/68-8	Delissa McClain	Big 12 Championships	2005
2) 18.51m/60-8.75	Deleanor Kirkpatrick	Sooner Open	2008
3) 17.82m/58-05.75	Caitlin Way	Oklahoma Invitational	2012
4) 17.51m/57-5.5	Nancy Guillen	Oklahoma Invitational	1999
5) 16.47m/54-0-5	Julie Rader	KSU All-Comers Meet	2008
6) 16.18m/53-1.0	Courtney Gougler	KSU All-Comers Meet	2008
7) 15.68m/51-5.25	Branighan Vann	KSU All-Comers Meet	2006
8) 15.57m/51-1	Mykka Jaspar	Sooner Open	2010
9) 15.02m/49-3.25	Halee Prickett	KSU All-Comers Meet	2004
10) 14.65m/48-0.75	Brandi Broaddus	Oklahoma Invitational	2004

PENTATHLON

1) 3,498	Melody Vaughn	Big 12 Championships	1998
2) 3,476	Tihana Sarac	Big 12 Championships	2008
3) 3,086	Bailey Johnson	Razorback Invitational	2012
4) 3,024	Michelle Johnson	Big 8 Championships	1993
5) 2,918	Clara Telford	Big 12 Championships	2012

OUTDOOR SCHOOL RECORDS

100 METERS

1) 11.34	TracyAnn Baker	Texas Relays	1997
2) 11.44	Sherita Jackson	Texas Relays	1997
3) 11.50	Leisa Davis-Knowles	Big 8 Outdoor	1985
T4) 11.60	Christy Dye	Don Kirby Invitational	1996
T4) 11.60	Natasha Santee		1999
6) 11.71	LaToyia Hinds		1998
7) 12.07	Melody Vaughn	Big 8 Outdoor	1996
8) 12.10	Celestina Bucknell	Big 8 Outdoor	1995
9) 12.05	Lauren Mckee	John Jacobs Invitational	2008
10) 12.20	Fey Bashorun	Big 12 Championships	2008

100 METER HURDLES

1) 13.38	Rosa Baker	NCAA Championships	1989
2) 13.89	Doris Williams	Big 8 Championships	1991
3) 13.94	Tiffany Davis	Big 12 Championships	1999
4) 13.97	Tracie White	Big 8 Championships	1985
5) 14.10	Vicki Cleveland	Ralph Higgens Meet	1981
6) 14.20	Vicki Fretwell	Texas Relays	1982
7) 14.30	Susie Winnigham		1975
8) 14.33	Stephani Duff	Big 12 Championships	1999
9) 14.39	Regina Brown	Big 8 Championships	1990
10) 14.86	Tihana Sarac	California Invitational	2008

200 METERS

1) 23.19	TracyAnn Baker	Mt SAC Relays	1997
2) 23.25	Stacy Clack	Texas Relays- prelims	1990
3) 23.27	Sherita Jackson	Big 12 Outdoor- prelims	1997
4) 23.85	Leisa Davis-Knowles	LSU Invitational	1986
5) 24.47	Natasha Santee		1999
6) 24.58	Lauren McKee	Sooner Open	2008
7) 24.82	Melissa Ndubilo	Mean Green Twilight	2005
8) 24.87	Melody Vaughn		1996
9) 25.06	Celestina Bucknell	Big 8 Outdoor	1995
10) 25.10	Alison Erzinger	Tulsa Duels	2006

400 METERS

1) 52.26	Leisa Davis-Knowles	Kansas Relays	1986
2) 53.97	Nicki Brackeen	Big 8 Outdoor	1990
3) 55.49	Alison Erzinger	Big 12 Outdoor	2003
4) 55.68	Andrene Thompson		1998
5) 56.92	Terri Purdy	Drake Relays	1982
6) 57.11	Krystal Beamon	Big 8 Outdoor- prelims	1996
7) 57.39	Theresa Brantley	John Jacobs Relays	1981
8) 57.50	Charmaine Schmidt	Mt.SAC Relays	1996
9) 57.67	Natasha Santee		1999
10) 57.84	Cherith Unruh	UT- Arlington	1995

400 METER HURDLES

1) 55.70	Leisa Davis-Knowles	NCAA Championships	1985
2) 58.33	Alison Erzinger	NCAA Outdoor	2005
3) 58.64	Justine Craig	Texas Relays	1986
4) 1:00.72	Sherita Jackson	Big 8 Outdoor	1996
5) 1:01.89	Kendra Woodson	Sooner Twilight Meet	2009
6) 1:02.34	Margie Crossno	Ralph Higgens	1982
7) 1:02.47	Tihana Sarac	UTA Invitational	2008
8) 1:03.34	Tiffany Davis		2000
9) 1:04.55	Becky Smith		1998
10) 1:07.48	Kalea Tam	John Jacobs Invitational	2007

800 METERS

1) 2:02.12	Natalja Piliusina	European Championships	2012
2) 2:04.61	Justine Craig	NCAA Outdoor	1987
3) 2:06.90	Andrene Thompson	Mt. Sac Relays	1999
4) 2:07.18	Mihaela Susa	Arkansas Twilight	2010
5) 2:08.68	Kendra Woodson	Arkansas Twilight	2010
6) 2:09.14	Demetra Castille	Big 8 Outdoor	1990
7) 2:10.32	Brandi Andrews	John McDonnell Invite	2011
8) 2:10.55	Veronica Haberl	LSU Outdoor	1986
9) 2:10.83	Mihaela Bobos	Arkansas Twilight	2011
10) 2:10.75	Caileigh Glenn	Stanford Invitational	2012

1,500 METERS

1) 4:09.51	Natalja Piliusina	Payton Jordan Invite	2012
2) 4:13.08	Mihaela Susa	Mt. SAC Relays	2010
3) 4:19.09	Valentina Medina	NCAA Championship	2004
4) 4:19.90	Veronica Haberl	SMU Open	1986
5) 4:22.20	Christine McMiken	Texas Relays	1986
6) 4:22.60	Kate Kujawa	Payton Jordan Invite	2012
7) 4:22.77	Caileigh Glenn	Payton Jordan Invite	2012
8) 4:22.94	Alexandra Lindquist	Stanford Invitational	2001
9) 4:23.95	Heather Garrett	Big 8 Outdoor	1989
10) 4:24.89	Siri Alfheim	Big 12 Outdoor	2002

3,000 METERS

1) 9:03.32	Christine McMiken		1986
2) 9:16.80	Jenny Framme	NCAA Outdoor	1997
3) 9:17.50	Heather Garrett	NCAA Outdoor	1990
4) 9:25.16	Hanna Smedstad	Big 12 Outdoor	2000
5) 9:32.17	Siri Alfheim	UTA Invitational	2002
6) 9:38.13	Valentina Medina	UTA Invitational	2002
7) 9:40.37	Alexandra Lindquist	Texas Relays	2001
8) 9:47.24	Shelly Moore	Big 8 Outdoor	1995
9) 9:58.28	Kate Kujawa	Tulsa Duels	2012
10) 10:04.63	Jackie Campos	Razorback Invite	2011

5,000 METERS

1) 15:41.42	Jackie Goodman	NCAA Outdoor	1989
2) 15:45.70	Christine McMiken	NCAA Outdoor	1985
3) 16:00.47	Siri Alfheim	NCAA Outdoor	2002
4) 16:09.83	Mihaela Susa	Stanford Invitational	2009
5) 16:14.95	Hanna Smedstad	Big 12 Outdoor	1999
6) 16:16.54	Mary Davies	Big 12 Outdoor	2006
7) 16:17.59	Jenny Framme		1997
8) 16:20.99	Michelle Prowse	Stanford Invitational	2004
9) 16:25.05	Sara Wells	Stanford Invitational	2001
10) 16:26.89	Felicity Milton	Big 12 Championships	2010

10,000 METERS

1) 32:51.00	Christine McMiken	NCAA Championship	1986
2) 33:08.00	Mary Davies	NCAA Championship	2006
3) 33:42.35	Jackie Goodman	NCAA Championship	1989
4) 33:46.79	Sara Wells	Stanford Invitational	2001
5) 33:47.70	Barbora Kuncova	Stanford Invitational	2005
6) 33:56.70	Donna Levy	Mt. Sac Relays	1992
7) 34:17.00	Karen Bridges	AAU Meet	1978
8) 34:17.72	Felicity Milton	Mt. SAC Relays	2010
9) 34:29.63	Tone Hjalmarsen	Stanford Invitational	2009
10) 34:46.74	Hanna Smedstad		2000

3,000 METER STEEPLECHASE

1) 10:07.31	Barbora Kuncova	NCAA Outdoor	2005
2) 10:09.42	Mary Davies	Big 12 Outdoor	2006
3) 10:20.02	Michelle Prowse	Stanford Invitational	2005
4) 10:21.17	Eva Tomankova	Mt. SAC Relays	2008
5) 10:25.01	Kate Kujawa	NCAA West Regional	2012
6) 10:33.17	Kendra Woodson	Mt. SAC Relays	2010
7) 10:37.75	Hanna Holst	Stanford Invitational	2007
8) 10:48.90	Natalia Kovtun	Mt. SAC Relays	2008
9) 10:58.13	Paula Gowing	Big 12 Outdoor	2002
10) 11:28.25	Stephanie Lovely	Big 12 Outdoor	2007

4X100 METER RELAY

1) 44.73	R. Baker, Brackeen, Clark, Jones	Big 8 Outdoor	1990
2) 45.03	Vaughn, T. Baker, Midkiff, Jackson	Big 12 Outdoor	1997
3) 45.63		Big 12 Outdoor	1999
4) 45.83	Beamon, Dye, Vaughn, Jackson	John Jacobs Relays	1996
5) 45.97	S. Jackson, Santee, M. Jackson, Davis	Big 12 Outdoor	2000
6) 46.19			1998

7) 46.63	Hinds, T. Baker	Penn Relays	1997
	Vaughn, S. Jackson		
8) 46.92	McKee, Sarac,	Sooner Open	2008
	Blumbaha, Bashorun		
9) 46.99	Bernard, Guinn	Big 8 Outdoor	1993
	Johnson, Dye		
10) 47.16	Ndubilo,Birk	Big 12 Outdoor	2006
	Mckee, Erzinger		

4X200 METER RELAY

1) 1:35.88	T.Baker, Midkiff,	Texas Relays	1997
	Dozovado, Jackson		
2) 1:36.25	Jones, R.Baker,	Drake Relays	1989
	Clack, Brackeen		
3) 1:36.46	T.Baker, Jackson,	Penn Relays	1997
	Vaughn, Dozovado		
4) 1:38.67		Penn Relays	1996
5) 1:42.71	Dye, Glidewell	Drake Relays	1995
	Unruh, Bucknell		

4X400 METER RELAY

1) 3:37.44	Dozovado, Thompson,	Mt. Sac Relays	1997
	Baker, Jackson		
2) 3:41.78	Craig, Ford,	Kansas Relays	1986
	Martin, Knowles		
3) 3:42.58	Santee, Schmidt,	Big 8 Outdoor	1996
	Beamon, Jackson		
4) 3:43.33	Brackeen, Jones,	Big 8 Outdoor	1990
	Clark, Baker		
5) 3:43.53		Texas Relays	1999
6) 3:46.39	Santee, Schmidt,	Mt. Sac Relays	1996
	Unruh, Jackson		
7) 3:51.74	Hughes, Patton,		1980
	Parkhill, Armstrong		
8) 3:51.82		UTA Open Meet	1993
9) 3:52.68		Big 8 Outdoor	1995
10) 3:56.84	Blumbaha, Erzinger,	Tulsa Duels	2006
	Ndubilo, Tam		

4X1500M RELAY

1) 18:39.28	Framme, Thompson,	Penn Relays	1997
	De La Cerda, Smedstad		

1600M SPRINT MEDLEY RELAY

1) 4:06.07	Erzinger, Medina,	Texas Relays	2002
	Ndubilo, Ogunbanjo		

HIGH JUMP

1) 1.87m/6-01.50	Toni Young	NCAA Championships	2012
2) 1.81m/5-11.25	Michelle Crowson	Ralph Higgens Meet	1987
3) 1.76m/5-9.25	Tammy Lienhard	Big 8 Championships	1979
4) 1.72m/5-7.75	Misty McMillian	Don Kirby Invitational	1996
5) 1.69m/5-6.5	Megan Toole	Big 12 Outdoor	1998
6) 1.68m/5-6.25	Janet Harris	Texas Relays	1986
7) 1.65m/5-5	Destyn Stallings	Tulsa Invitational	2009
8) 1.63m/5-4.25	Marilyn Linsenmeyer	Big 8 Championships	1974
9) 1.59m/5-2.5	Angella Ogle	College Station Multis	2000
10) 1.57m/5-1.75	Baiba Blumbaha	Big 12 Outdoor	2006

LONG JUMP

1) 6.21m/20-4.5	Clarissa Andrews	Big 12 Outdoor	2009
2) 6.17m/20-3	Baiba Blumbaha	Big 12 Outdoor	2009
3) 6.13m/20-1.25	Melinda Jackson	UTA Invitational	2000
T4) 6.07m/19-11	Melissa Ndubilo	UTA Invitational	2003
T4) 6.07m/19-11	Cody Birk	Tulsa Duels	2006
T6) 6.04m/19-9.75	Melody Vaughn	Big 12 Outdoor	1998
T6) 6.04m/19-9.75	Živile Šikšnelyte	Sooner Invitational	2007
8) 6.02m/19-9	Moira Steyn	TCU Invitational	2007
9) 6.01m/19-8.5	Stephani Duff	UTA Invitational	2002
10) 5.93m/19-5.5	Tina Nixon		1998

TRIPLE JUMP

1) 13.11m/43-0.25	Clarissa Andrews	Big 12 Outdoor	2011
2) 12.89m/42-3.5	Paula Ogunbanjo	Big 12 Outdoor	2005
3) 12.71m/41-8.5	Adrienne Crenshaw	John McDonnell Invite	2003
4) 12.70m/41-8	Živile Šikšnelyte	TCU Invitational	2007
5) 12.65m/41-6	Melinda Jackson		1999
6) 12.59m/41-3.75	Mateja Posavec	Zagreb	2007
7) 12.56m/41-2.5	Baiba Blumbaha	Sooner Invitational	2009
8) 12.49m/40-11.75	Cecily Carrier	Big 12 Outdoor	1997
9) 12.42m/40-9	Laverne Clark	Ralph Higgens Meet	1987
10) 12.29m/40-3.75	Moira Steyn	TCU Invitational	2006

SHOT PUT

1) 16.21m/53-2.25	Halee Prickett	Big 12 Outdoor	2005
2) 15.74m/51-7.75	Merritt Dietz	Big 12 Outdoor	2008
3) 15.21m/49-10.75	Lakendra Greathouse	Sooner Invitational	2007
4) 14.55m/47-09.00	Brooke Gritters	Big 12 Championships	2012
5) 14.42m/47-3.75	Joanne Rothery	OU Invitational	1985
6) 14.23m/46-8.25	Katie Hamilton	John Jacobs Invitational	2009
7) 13.61m/44-7.75	Alina Roman	Tulsa Duels	2007
8) 13.53m/44-4.75	Margaret Warders	Ralph Higgins Meet	1982
9) 13.46m/44-2	Kim Wilkes		1981
10) 13.30m/43-7.5	Brandi Broaddus	KT Woodman	2005

DISCUS THROW

1) 56.18m/184-4	Merritt Dietz	Kansas Relays	2008
2) 51.99m/170-7	Alina Roman	Big 12 Outdoor	2007
3) 48.91m/160-6	Brooke Gritters	Ward Haylett Invite	2011
4) 47.90m/157-2	Courtney Gougler	Sooner Invitational	2009
5) 47.02m/154-3	Halee Pricket	Arkansas Invitational	2004
6) 45.96m/150-9	Lakendra Greathouse	Mean Green Twilight	2006
7) 44.13m/144-9	Delissa McClain		2004
8) 43.56m/142-11	Lana Boydston	OU Invitational	1981
9) 42.85m/140-7	Katie Hamilton	John Jacobs Invitational	2009
10) 42.52m/139-6	Amy Estes	McNeese State Relays	1990

HAMMER THROW

1) 64.69m/212-3	Delissa McClain	NCAA Regional	2005
2) 61.35m/201-3	Nancy Guillen		1999
3) 57.59m/188-11	Caitlin Way	NCAA West Regional	2012
3) 57.11m/187-4	Deleanor Kirkpatrick	Nebraska Invitational	2008
5) 48.32m/158-6	Courtney Gougler	John Jacobs Invitational	2009
6) 46.70m/153-3	Branighan Vann	Tulsa Duels	2007
7) 43.34m/142-2	Nikki Roady	Big 12 Outdoor	1999
8) 43.06m/141-3	Alyssa Henrichs	Tulsa Duals	2011
9) 42.66m/140-0	Halee Prickett	Pomona-Pitzer	2003
10) 42.36m/139-0	Miay Layne Carey	John Jacobs Invitational	2004

JAVELIN THROW

1) 43.72m/143-5	Vanessa Wilhelm		1999
2) 41.72m/136-11	Brandi Broaddus	KT Woodman	2005
3) 37.22m/122-1	April Hart	Tulsa Duels	2005
4) 37.12m/121-9	Karen Rademeyer	Big 12 Outdoor	1999
5) 36.30m/119-1	Laura Schmidt	Tulsa Duels	2006
6) 35.58m/116-9	Sabrena Switzer	John Jacobs Invitational	2009
7) 35.13m/115-3	Tihana Sarac	Big 12 Outdoor	2007
T8) 35.04m/115-0	Lauren Catlett-King	Big 12 Outdoor	2002
T8) 34.04m/111-8	Sara Thorsell	Big 12 Outdoor	1999
10) 32.02m/105-1	Baiba Blumbaha	California Invitational	2006

POLE VAULT

1) 3.75m/12-3.5	Megan Robbins	Texas Relays	1999
2) 2.95m/9-8.25	Kelly Miller	Big 12 Outdoor	1998
3) 2.50m/8-2.5	Rebecca Hladik	Big 12 Outdoor	1998

HEPTATHLON

1) 5,057 pts	Tihana Sarac	Mt. SAC Relays	2008
2) 4,365 pts	Baiba Blumbaha	California Invitational	2006
3) 4,234 pts	Taylor Cates	Big 12 Outdoor	2000

OUTSTANDING ACADEMIC PERFORMERS

USTFCCCA ALL-ACADEMIC TEAM CROSS COUNTRY

1996	Coach Catrina Acosta
1998	Coach Catrina Acosta
1999	Coach Catrina Acosta
2000	Coach Catrina Acosta
2003	Coach Rene Sepulveda
2004	Coach Rene Sepulveda
2005	Coach Rene Sepulveda
2006	Coach Rene Sepulveda
2007	Coach Rene Sepulveda
2008	Coach Rene Sepulveda
2009	Coach Dave Smith
2010	Coach Dave Smith
2011	Coach Dave Smith

USTFCCCA ALL-ACADEMIC INDIVIDUALS CROSS COUNTRY

2002	Siri Alfheim
1995	Annie Forsberg
1998	Andrene Thompson
1998	Hanna Smedstad
1999	Hanna Smedstad
2000	Alexandra Lindquist
2000	Sara Wells
2001	Siri Alfheim
2002	Siri Alfheim
2004	Michelle Prowse
2004	Valentina Medina
2004	Mary Davies
2005	Michelle Prowse
2006	Baiba Blumbaha
2006	Hanna Holst
2006	Mateja Posavec
2006	Zivile Siksnelyte
2006	Moira Steyn
2006	Eva Tomankova
2010	Felicity Milton
2010	Natalja Piliusina

ACADEMIC ALL-BIG 12 (CROSS COUNTRY)

1996	Lena Echelle	First Team
1996	Michelle Fox	First Team
1996	Jenny Framme	First Team
1996	Jessica Franzen	First Team
1996	Nikki Roady	First Team
1996	Hanna Smedstad	First Team
1996	Tamara Dingley	Honorable Mention
1997	Karla Dennis	First Team
1997	Nikki Roady	First Team
1997	Hanna Smedstad	First Team
1997	Andrene Thompson	First Team
1997	Tamara Dingley	Honorable Mention
1998	Jennifer Koch	First Team
1998	Hanna Smedstad	First Team
1998	Andrene Thompson	First Team
1999	Karla Dennis	First Team
1999	Hanna Smedstad	First Team
2000	Alexandra Lindquist	First Team
2000	Sara Wells	First Team
2000	Shavon Young	Second Team
2001	Catherine Clifford	First Team
2001	Joanna Fedick	First Team
2001	Lindsay Hall	First Team
2001	Kristina Klos	First Team
2001	Alexandra Lindquist	First Team
2001	Marie Nilsson	First Team
2001	Siri Alfheim	Second Team
2001	Sara Kofoed	Second Team
2001	Sharalee Sparks	Second Team
2002	Siri Alfheim	First Team
2002	Lisa Bowles	First Team
2002	Laurel Catlett-King	First Team
2002	Johnnie-Ann Kuykendall	First Team
2002	Alexandra Lindquist	First Team
2002	Karin Nilsson	First Team
2002	Michelle Simecka	First Team
2002	Sharalee Sparks	First Team
2002	Catherine Clifford	Second Team
2002	Joanna Fedick	Second Team
2003	Lisa Bowles*	First Team
2003	Allison Erzinger	First Team
2003	Catherine Clifford	Second Team
2004	Lisa Bowles*	First Team
2004	Daryl Round	First Team
2004	Joanna Fedick	Second Team
2004	Svetlana Vasileva	Second Team
2005	Kim Blomkvist	First Team
2005	Mary Davies	First Team
2005	Brittany Hill	First Team
2005	Valentina Medina	First Team
2005	Michelle Prowse*	First Team
2005	Megan Sullivan	First Team
2005	Eva Tomankova	First Team
2005	Erin Dalbey	Second Team
2005	Barbora Kuncova	Second Team
2006	Nina Andersson	First Team
2006	Mary Barnett	First Team
2006	Kim Blomkvist	First Team
2006	Jennifer Clarke*	First Team
2006	Mary Davies	First Team
2006	Jenna Rae Downs	First Team
2006	Brittany Mason	First Team
2006	Eva Slavikova	First Team
2006	Meghan Sullivan	First Team
2006	Kalea Tam	First Team
2006	Eva Tomankova	First Team
2007	Anissa Angelosante	First Team
2007	Kim Blomkvist	First Team
2007	Tone Hjalmarsen	First Team
2007	Brittany Mason	First Team
2007	Leah Schroeder*	First Team
2007	Meghan Sullivan	First Team
2007	Eva Tomankova	First Team
2007	Maria Trejo	First Team
2007	Tihana Sarac	Second Team
2008	Tone Hjalmarsen	First Team
2008	Tihana Sarac	First Team
2008	Leah Schroeder	First Team
2009	Laura Heaton	First Team
2009	Teran Mixon	First Team
2009	Natalia Kovtun	First Team
2009	Leah Schroeder	First Team
2009	Victoria Fratczak	Second Team
2009	Tone Hjalmarsen	Second Team
2010	Brandi Andrews	First Team
2010	Victoria Fratczak	First Team
2010	Melanie Funke	First Team
2010	Laura Heaton	First Team
2010	Tone Hjalmarsen	First Team
2010	Kate Kujawa*	First Team
2010	Teran Mixon	First Team
2011	Brandi Andrews	First Team
2011	Jackie Campos	First Team
2011	Jori Davis	First Team
2011	Victoria Fratczak	First Team
2011	Caileigh Glenn*	First Team
2011	Laura Heaton	First Team
2011	Kate Kujawa	First Team
2011	Teran Mixon	First Team
2011	Melanie Funke	Second Team
2011	Natalja Piliusina	Second Team

* Indicates nominated with a 4.0 GPA

ESPN THE MAGAZINE ACADEMIC ALL-AMERICA (TRACK & FIELD)

2002	Siri Alfheim	First Team
2005	Michelle Prowse	Second Team
2006	Michelle Prowse	First Team

ESPN THE MAGAZINE ACADEMIC ALL-DISTRICT (TRACK & FIELD)

2005	Michelle Prowse	First Team
2005	Valentina Medina	Second Team
2006	Michelle Prowse	First Team
2007	Moira Steyn	Second Team

USTFCCCA ALL-ACADEMIC TEAM TRACK AND FIELD

2002	3.25 team GPA	Coach Catrina Acosta
2003	3.19 team GPA	Coach Catrina Acosta
2004	3.14 team GPA	Coach Rene Sepulveda
2005	3.15 team GPA	Coach Rene Sepulveda
2006	3.12 team GPA	Coach Rene Sepulveda
2007	3.21 team GPA	Coach Rene Sepulveda
2008	3.20 team GPA	Coach Rene Sepulveda
2009	3.08 team GPA	Coach Rene Sepulveda
2010	3.24 team GPA	Coach Dave Smith
2011	3.32 team GPA	Coach Dave Smith
2012	3.42 team GPA	Coach Dave Smith

OUTSTANDING ACADEMIC PERFORMERS

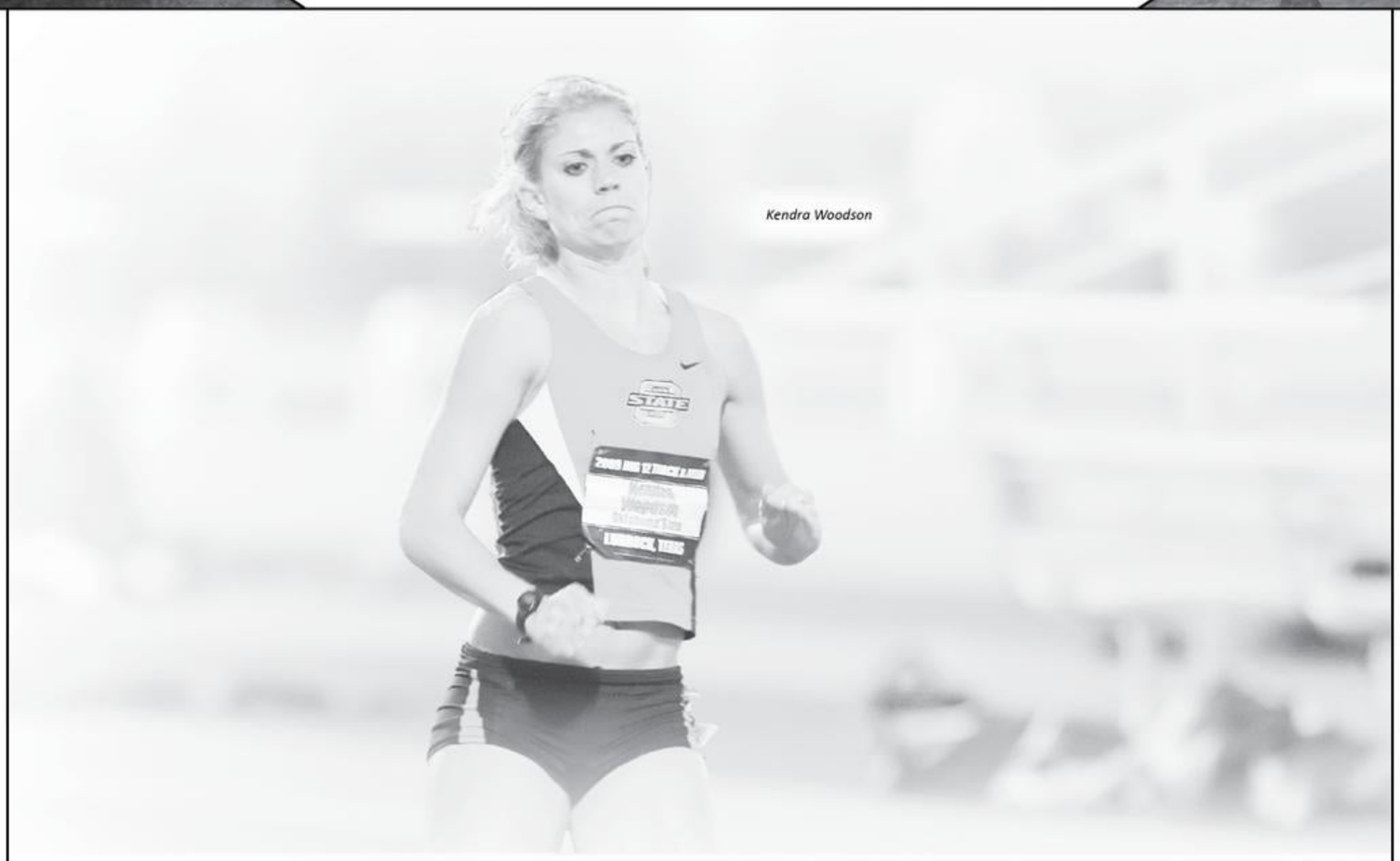
USTFCCCA ALL-ACADEMIC INDIVIDUALS TRACK AND FIELD

2002	Siri Alfheim
2002	Valentina Medina
2003	Valentina Medina-Molina
2004	Valentina Medina-Molina
2005	Michelle Prowse
2005	Eva Tomankova
2005	Valentina Medina
2005	Mary Davies
2006	Deleanor Kirkpatrick
2006	Eva Slavikova
2006	Eva Tomankova
2007	Baiba Blumbaha
2007	Eva Tomankova
2007	Hanna Holst
2007	Moira Steyn
2007	Mateja Posavec
2007	Zivile Siksnelyte
2008	Baiba Blumbaha
2008	Tone Hjalmarsen
2008	Deleanor Kirkpatrick
2008	Alina Roman
2008	Eva Tomankova
2010	Natalia Kovtun
2010	Kendra Woodson
2011	Mihaela Bobos
2011	Caileigh Glenn
2011	Brooke Gritters
2011	Tone Hjalmarsen
2011	Felicity Milton
2012	Mihaela Bobos
2012	Caileigh Glenn
2012	Kate Kujawa
2012	Natalja Piliusina
2012	Caitlin Way

ACADEMIC ALL-BIG 12 TRACK AND FIELD

1997	Amanda Andrus	First Team
1997	Krystal Beamon	First Team
1997	Lena Eschelle	First Team
1997	Michelle Fox	First Team
1997	Jenny Framme	First Team
1997	Jessica Franzen	First Team
1997	Jacquelyn King	First Team
1997	Laurie Langer	First Team
1997	Nikki Roady	First Team
1997	Hanna Smedstad	First Team
1997	Sarah Stone	First Team
1998	Krystal Beamon	First Team
1998	Katie Hayes	First Team
1998	Jennifer Koch	First Team
1998	Karen Rademeyer	First Team
1998	Andrea Roady	First Team
1998	Hanna Smedstad	First Team
1998	Andrene Thompson	First Team
1998	Jami Pickering	Honorable Mention
1999	Amy Carroll	First Team
1999	Stephani Duff	First Team
1999	Nikki Roady	First Team
2000	Karia Dennis	First Team
2000	Caren Eichor	First Team
2000	Alexandra Lindquist	First Team
2000	Angella Ogles	First Team
2000	Hanna Smedstad	First Team
2000	Sara Wells	First Team
2000	Tiffany Davis	Second Team
2000	Stephani Duff	Second Team
2001	Karla Dennis	First Team
2001	Lindsay Hall	First Team
2001	Kristina Klos	First Team
2001	Alexandra Lindquist	First Team
2001	Lindsey Tate	First Team
2001	Vera Waller	First Team
2001	Sara Wells	First Team
2001	Shavon Young	Second Team
2002	Siri Alfheim	First Team
2002	Lisa Bowles	First Team
2002	Desiree Brown	First Team
2002	Ami Butler	First Team
2002	Laurel Catlett-King	First Team
2002	Joanna Fedick	First Team
2002	Lindsay Hall	First Team
2002	Kristina Klos	First Team
2002	Sara Kofoed	First Team
2002	Alexandra Lindquist	First Team
2002	Valentina Medina	First Team
2002	Sharalee Sparks	First Team
2003	Laurel Catlett-King	First Team
2003	Alison Erzinger	First Team
2003	Lindsay Hall	First Team
2003	Alexandra Lindquist	First Team
2003	Lindsay Minter	First Team
2003	Marie Nilsson	First Team
2003	Michelle Simecka	First Team
2003	Vera Waller	First Team
2004	Cody Birk	First Team
2004	Lisa Bowles	First Team
2004	Misty Carey	First Team
2004	Catherine Clifford	First Team
2004	Stacy Deloach	First Team
2004	Kelli Eaton	First Team
2004	April Hart	First Team
2004	Valentina Medina-Molina	First Team
2004	Paula Ogunbanjo	First Team
2004	Leigh Tracy	First Team
2004	Joanna Fedick	Second Team
2005	Kim Blomkvist	First Team
2005	Lisa Bowles	First Team
2005	Catherine Clifford	First Team
2005	Adrienne Crenshaw	First Team
2005	April Hart	First Team
2005	Valentina Medina	First Team
2005	Halee Prickett	First Team
2005	Michelle Prowse	First Team
2005	Alison Erzinger	Second Team
2005	Joanna Fedick	Second Team
2005	Svetlana Vasileva	Second Team
2006	Cody Birk	First Team
2006	Kim Blomkvist	First Team
2006	Brandi Broaddus	First Team
2006	Joanna Fedick	First Team
2006	Brittany Hill	First Team
2006	Deleanor Kirkpatrick	First Team
2006	Laura Schmidt	First Team
2006	Meghan Sullivan	First Team
2006	Eva Tomankova	First Team
2006	Alison Erzinger	Second Team
2006	Sara Walker	Second Team
2007	Nina Andersson	First Team
2007	Fey Bashorun	First Team
2007	Kim Blomkvist	First Team
2007	Baiba Blumbaha	First Team
2007	Brandi Broaddus	First Team
2007	Jennifer Clarke	First Team
2007	Mary Davies	First Team
2007	Jenna Rae Downs	First Team
2007	Deleanor Kirkpatrick	First Team
2007	Stephanie Lovely	First Team
2007	Brittany Mason	First Team
2007	Mateja Posavec	First Team
2007	Eva Slavikova	First Team
2007	Moira Steyn	First Team
2007	Meghan Sullivan	First Team
2007	Kalea Tam	First Team
2007	Eva Tomankova	First Team
2007	Tihana Sarac	Second Team
2007	Zivile Siksnelyte	Second Team
2007	Maria Trejo	Second Team
2008	Kim Blomkvist	First Team
2008	Baiba Blumbaha	First Team
2008	Brandi Broaddus	First Team
2008	Deleanor Kirkpatrick	First Team
2008	Brittany Mason	First Team
2008	Alina Roman	First Team
2008	Eva Tomankova	First Team
2008	Fey Bashorun	First Team
2008	Merritt Dietz	First Team
2008	Mateja Posavec	First Team
2008	Maria Trejo	First Team
2008	Julie Rader	First Team
2008	Tihana Sarac	First Team
2009	Brandi Andrews	First Team
2009	Baiba Blumbaha	First Team
2009	Katie Hamilton	First Team
2009	Teran Mixon	First Team
2009	Mateja Posavec	First Team
2009	Tihana Sarac	First Team
2009	Julie Rader	Second Team
2010	Brandi Andrews	First Team
2010	Teran Mixon	First Team
2010	Autumn Moses	First Team
2010	Julie Rader	First Team
2010	Leah Schroeder	First Team
2010	Destyn Stallings	First Team
2010	Kendra Woodson	First Team

OUTSTANDING ACADEMIC PERFORMERS



Kendra Woodson

2010	Melanie Funke	Second Team
2010	Tone Hjalmarsen	Second Team
2010	Natalia Kovtun	Second Team
2011	Brandi Andrews	First Team
2011	Brooke Gritters	First Team
2011	Victoria Hanna	First Team
2011	Laura Heaton	First Team
2011	Tone Hjalmarsen	First Team
2011	Felicity Milton	First Team
2011	Teran Mixon	First Team
2011	Autumn Moses	First Team
2011	Jessy Murphy	First Team
2011	Caitlin Way	First Team
2011	Jackie Campos	Second Team
2011	Melanie Funke	Second Team
2012	Mihaela Bobos	First Team
2012	Jackie Campos	First Team
2012	Caileigh Glenn	First Team
2012	Brooke Gritters	First Team
2012	Victoria Hanna	First Team
2012	Laura Heaton	First Team
2012	Alyssa Henrichs	First Team
2012	Kate Kujawa	First Team
2012	Jessica Lewis	First Team
2012	Teran Mixon	First Team
2012	Jessy Murphy	First Team
2012	Natalja Piliusina	First Team
2012	Caitlin Way	First Team

NCAA POST-GRADUATE SCHOLARSHIP

1989	Jackie Goodman

NCAA ETHNIC MINORITY POSTGRADUATE SCHOLARSHIP

1999	Krystal Beamon
2009	Deleanor Kirkpatrick

BIG 8 /BIG 12 POSTGRADUATE SCHOLARSHIP

1989	Jackie Goodman
2001	Sara Wells

ARTHUR ASHE, JR. SPORTS SCHOLAR AWARD

1999	Krystal Beamon	First Team
2002	Desiree Brown	Honorable Mention
2005	Valentina Medina	First Team
2006	Brittany Hill	Second Team
2006	Valentina Medina	Second Team
2006	Deleanor Kirkpatrick	Third Team
2007	Brittany Mason	First Team
2007	Kalea Tam	Second Team
2007	Deleanor Kirkpatrick	Fourth Team
2008	Brittany Mason	First Team
2008	RaeAnna Devey	Second Team
2008	Kalea Tam	Second Team
2008	Deleanor Kirkpatrick	Third Team
2009	Jessica Gladd	Third Team
2009	Brandi Andrews	Fourth Team
2010	Brandi Andrews	Second Team
2010	Jessica Lewis	Third Team
2011	Brandi Andrews	Second Team
2011	Alexis Alexander	Third Team
2011	Autumn Moses	Honorable Mention
2012	Brandi Andrews	Second Team
2012	Alexis Alexander	Third Team
2012	Megan Gray	Third Team
2012	Simone Edwards	Third Team

OSU FEMALE STUDENT-ATHLETE OF THE YEAR

2005	Valentina Medina

SCHOLAR-BALLER/ NCAS ACADEMIC MOMENTUM AWARD

2009	Clarissa Andrews

LETTERWINNERS

Geraldine Acheson	1984-85
Siri Alfheim	2001-02
Nina Andersson	2005
Brandi Andrews	2009
Clarissa Andrews	2009-11
Anissa Angelosante	2005-08
Rosa Baker	1989-90
TracyAnn Baker	1997
Fey Bashorun	2008
Ashlea Barby	1997
Sonia Barry	1988-89
Krystal Beamon	1996-99
Maria Berggren	2002
Cody Birk	2006
Kim Blomkvist	2004, 06-07
Patty Bloome	1984
Baiba Blumbaha	2006-09
Mihaela Bobos	2011-12
Lana Boydston	1981
Nicki Brackeen	1990
Theresa Brantley	1981-83
Brittany Brewer	2007
Karen Bridges	1978-79
Brandi Broaddus	2004-05
Janine Brown	2001
Maranda Brown	1997
Regina Brown	1990
Celestina Bucknell	1995
Ami Butler	2000-02
Jackie Campos	2009, 11
Miay Layne Carey	2004
Lisa Carman	1980
Cecily Carrier	1997
Demetra Castille	1988-90
Taylor Cates	2000
Lauren Catlett-King	2002
Hollie Cherry	1986
Amber Clark	1992-93
Laverne Clark	1987-88
Stacy Clark	1990
Vicki Cleveland	1981
Catherine Clifford	2001
Charlotte Coffey	2001
Danielle Coleman	1994
Susan Corey	1980-82
Justine Craig	1985-87
Kim Crain	1988-89
Jessica Craven	1988
Adrienne Crenshaw	2003
Claudia Crismon	1989
Margie Crossno	1982
Michelle Crowson	1987
Lora Davies	1985-86
Mary Davies	2004-06
Araceli Davila	1999, 2001
Jori Davis	2010
Leisa Davis-Knowles	1985-86
Tiffany Davis	1999-2001
Merritt Dietz	2007-09
Jessica DeLaCerda	1994, 96
Karla Dennis	1999
Tamara Dingley	1996-98
Stephani Duff	1998-2002
Christy Dye	1995-96
Jennifer Edwards	2004
Emily Elkins	1992-93
Alison Erzinger	2003-06
Amy Estes	1990
Heather Estetter	2008
Amy Ferguson	1990
Laura Ford	1986
Anna Forsberg	1994-95
Jenny Framme	1996-97
Denise Frank	1989
Jessica Franzen	1996
Victoria Fratczak	2008-11
Vicki Fretwell	1982
Robyn Fugett	1989
Melanie Funke	2009
Heather Garrett	1989-90
Kristen Gillespie	2008-09
Caileigh Glenn	2011-12
Alyse Goldsmith	2009
Jackie Goodman	1985-89
Courtney Gougler	2008-09
LaKendra Greathouse	2006-08
Carrie Grove	1980
Paula Gowing	2001-02
Nancy Guillen	1999
Danna Guinn	1993
Veronica Haberl	1984-87
Lindsey Hall	2002
Katie Hamilton	2009
Victoria Hanna	2010
Regina Hardage	1978
Janet Harris	1986
April Hart	2003-05
Laura Heaton	2008-09
Latoyia Hinds	1998
Tone Hjalmarsen	2006-09
Rebecca Hladik	1998
Andrea Holloway	1999
Hanna Holst	2006-07
Charya Hubbard	2000
Alina Istrate	2007
Melinda Jackson	1999-2000
Sherita Jackson	1996-99
Brittani Johnson	2008
Ingrid Johnson	1988
Kim Johnson	2008
Mikell Johnson	1991
Michelle Johnson	1993
Monika Juodeskaite	2011-12
Vicki Keffer	1980-81
Deleanor Kirkpatrick	2006-08
Emily Knaub	1994
Janet Knight	1981
Jennifer Koch	1997-98
Natalia Kovtun	2008-09
Kate Kujawa	2010-12
Barbora Kuncova	2004-05
Donna Levy	1990-92
Tekeisha Lewis	2008
Michele Lewis	1987-90
Tammie Lienhard	1979, 81
Alexandra Lindquist	1998-99, 01
Marilyn Linsenmeyer	1974
Stephanie Lovely	2007
Marcela Lustigova	2007
Natanya Luther	2011
Paula Martinez	1981
Irene Masai	2007-08
Brittany Mason	2005-08
Angela McGeown	1982, 84
Lauren McKee	2007-08
Delissa McClain	2004-05
Christine McMiken	1984-86
Misty McMillian	1995-96
Valentina Medina	2001-05
Joni Mihura	1980-81
Kelly Miller	1998
Felicity Milton	2010
Polly Minor	1978
Teran Mixon	2007-12
Mindy Moeller	1980
Shelly Moore	1991-95
Melissa Ndubilo	2003, 05-06
Julie Nelson	1992-94
Colleen Nicoulin	1992-94
Marie Nilsson	2000-02
Pia Nittynen	1991
Tina Nixon	1998
Angella Ogle	2000
Paula Ogunbanjo	2004-05
Lena Orn	2007
Kim Peterson	1992-93
Natalja Piliusina	2010-12
LaToya Polk	1992-93
Mateja Posavec	2006-07
Halee Prickett	2003-06
Michelle Prowse	2004-05
Terry Purdy	1982
Kelli Quimby	2009
Karen Rademeyer	1999
Julie Rader	2008
Caron Reycraft	1990-91
Nikki Roady	1999
Megan Robbins	1999
Alina Roman	2007
Joanne Rothery	1985
Natasha Santee	1999-2000
Tihana Sarac	2007-08
Cynthia Schafer	1987-88
Tara Schiffelbein	1994
Charmaine Schmidt	1996
Laura Schmidt	2006
Leah Schroeder	2006-08
Evin Shirley	2003
Zivile Siksnelyte	2007
Michelle Simecka	2002
Eva Slavikova	2005-06
Debbie Smallwood	1979, 82
Hanna Smedstad	1996-2000
Becky Smith	1998
Lee Southard	1990
Sharalee Sparks	2002
Marianne Spear	1978
Destyn Stallings	2007-09
Donna Staples	1982
Sandra Stelle	1990
Moira Steyn	2006-07
Andrea Stuart	1989
Meghan Sullivan	2007
Mihaela Susa	2007-11
Sabrena Switzer	2009
Kalea Tam	2007
Ashley Tate	2004
Donna Thibert	1985-86
Linda Thomas	1982
Tammie Thomas	1978
Andrene Thompson	1997-99
Linda Thompson	1982
Sara Thorsell	1999
Paula Tiger	1980
Cameko Tyner	2000
Eva Tomankova	2004-08
Megan Toole	1998
Tammy Townsend	1985
Maria Trejo	2003-07
Cherith Unruh	1995
Branighan Vann	2006-07
Melody Vaughn	1996-98
Sarah Walker	2006
Margaret Warders	1982
Caitlin Way	2010-12
Sara Wells	1999-2001
Tracie White	1999
Robyn Wiley	1978
Vanessa Wilhelm	1999
Kim Wilkes	1981
Doris Williams	1991
Suzie Winningham	1974-75
Brandi Woodard	1997
Kendra Woodson	2009-12
Beckie Woods	1981
Phyllis Yockum	1978
Shavon Young	1999
Toni Young	2012
Jackie Zdiarski	1980, 82